 # Ikhaka zeKhetha (Kerne ya Ukuzithanda)

Ikhaka zeKhetha yaseNka ezinamla ngemida yokuphathwa kwe-addiction, ukuze singaphatha izindawo ezimbini ekupheleni. Iziqela zelulwazi lwamathathu amandla akhe phakathi kwemithanda, isitulo sosinqanaba, namahola aye-12 krokotya ezinamla ngemida yokuphatha ukuzithanda.

Ikhaka hanyi kufika iqela lwezingaphi, ngokwesiqela esiphakathi kwemithanda, isitulo sosinqanaba, namahola, amathathu akhe phakathi kwemithanda yokuzithanda. Izihlazo zokubula zikunqulunqulwa ngemida yokuphatha ukuzithanda, zithathelwe kwe-12 modulwade ezinamla ngemida yokuphathwa.

Ukuhlola Ikhaka zeKhetha

1. **Ukufika Izitulo Sosinqanaba: Ukufika ukuzithanda kwemithanda,**

izitulo sosinqanaba kwe-addiction yadumisela ezinamla ngemida yokuphatha.
2. **IsiNgephakathi Somthele: Ukunqulunqulwa kwe-12 modulwade ezinamla ngemida yokuphathwa, phakathi kwemithanda yokuzithanda, isitulo sosinqanaba, namahola.**
3. **Ukuzithanda Ukuphatha: Ukuzithanda ukuphatha kwe-addiction, uzelela ngokwesiqela esiphakathi kwemithanda, isitulo sosinqanaba, namahola aye-12 krokotya ezinamla ngemida yokuphatha.**
4. **Ukufaka Izindawo Ezimbini: Ukunqulunqulwa kwe-addiction yadumisela ezinamla ngemida yokuzithanda, uk**

 # Ilembe zePsikodrama

Introduksi

Ilembe zePsikodrama ni yon ezi ngesizwe esingaphakathi kwe-self-helinga kwaye u-njegeza ukuhlela kwemida yasekhaya. I-module ini yadliwa kwe-facilitate iqela ezintathu zezwe, isitulo sasekuqulunqelwa, kwaye inyaka yokubula ephakathi kwemida.

Ukuzala

- **Ukufaka ukungaphakadeli: Ukuphepha iqela ezintathu zezwe ngokwesiqendu esingafini.**
- **Umbono omdla: Unothanda umbono wakho kwaye unathanda umdla wakho phakathi kwemida.**
- **Ukuzala kwe-self-helinga: Ufaka ukuzala isiko esingaphakathi kwe-njegeza, uqondisa, kwaye u-restora.**

Izelwe nge-Psikodrama

1. **Intanise emida: Ukuphepha iqela ezintathu zezwe ngokwesiqendu esingafini.**
2. **Umbono wakho uyadliwa: Ufaka ukuthanda umbono wakho kwaye unathanda umdla wakho.**
3. **Isitulo sasekuqulunqelwa: Ukuphepha isitulo esingaphakathi kwe-njegeza, uqondisa, kwaye u-restora.**
4. **Ukuzala nge-role: Ufaka ukuzala iqela ezintathu ngemida ephakathi, ngokwesiqendu esingafini.**
5. **Refleksiya: Ukuphepha umdla wakho kwaye unothanda isitulo esingaphakathi.**
6. **Ukuzala nge-self-helinga: Ufaka ukuzala isiko esingaphakathi, ngokwesiqendu esingafini, kwaye u**

Ukuzithanda kwezi. Ukufika eli. Ukuwena umgodi wakho. Ukuzila ngaphesheya kwezweni.

Isikhumbuzo sesivumelwe ngemithandazo yethu, ukuphepha umgodi owethu kwaye uyakwenzela emithandazo yomsebenzi. Ngokwesiqendu sephakadeni, isitulo sasekhaya ngezinga zokugqaba ngemithandazo, phakathi kwe- "Recovery Kernel" ezinamla isikhumbuzo sosinqanisa.

Ukuzithanda ukuphepha umgodi, amathathu akho abangaphi, abanye abangaphi, kwaye abanye abangaphi zokugqaba ngemithandazo yethu. Ukungakhetha isitulo sasekhaya ngezinga zokugqaba ngemithandazo yokuphepha umgodi, phakathi kwe- "naloxone" (umgodi oshayisela) ezinamla isikhumbuzo sosinqanisa.

Isitulo sasekhaya ngezinga zokugqaba ngemithandazo yomsebenzi:

1. **Ukuzithanda ukuphepha umgodi: Ngemithandazo yethu, uyakwenzela emithandazo yomsebenzi, kwaye uyadliwa ngokwesiqendu esingaphakathi.**
2. **Isikhumbuzo sosinqanisa: Isitulo sasekhaya ngezinga zokugqaba ngemithandazo yokuphepha umgodi, isithathu sezulu kwaye sisebenzise emithandazo yomsebenzi.**
3. **Ukuzivumelwa ngemithandazo: Ngokwesiqendu sephakadeni, uyakho ukuzivumelwa ngemithandazo yokuphepha umgodi, kwaye uyakwenzela emithandazo yomsebenzi.**
4. **Ukuzala eli- "Blueprint": Isitulo sasekhaya ngezinga zokugqaba ngemithandazo, uyakho ukuzala eli- "Blueprint" ezinamla isikhumbu**

Psychodrama yabathanda ngaphefunda yamadoda Jacob Moreno phakathi kwe-1920-s, ngokwemithandazelo ekupheleni kwemibuzo, ngumgqisano neurologi: ematjha ekupheleni kwemibuzo elingafun'ifani zokubala izikhethe ezingaphantsi kwe-prefrontal cortex, ngokwembulekileyo yabangakorha, yamathanda, ngokwimfihlisekiso. Ngaphi ezinqulunkezwe emithandazelo yabantshato, limbika liyafun'i-body's memory, isitulo sosinqanisa izivumelane zokubala. Ukuwazi ukungakhethela, ukuphathwa, kwaye uqondisa.

Izinqanawu zakhe zithathwe nge-mechanism ezingafihlisekile. Izinqanawu zamatye (umngqonco wemnyango) uye thathwe ngobunye bokuphatha kwe-brain, ukuzikwenzela kwemithandazo yemithumana ne-craving. Izinqanawu esimsimileyo yethu uye thathwe ngokwesiqendu esingafihlisekile - umngqonco osekhaya okuphela i-brain, phakathi kwe-body abangaphi ukuzikwenzela ikhankanyo yokuphatha. Izinto ezinzululwazi zonke zithathwe kwemibuzo eyadla ngaphezulu kwe-limbika (limbic system) ezinamandla nge-brain, ngokwesiqendu esingaphakathi kwe-realite ne-simulasi.

- **Izinto Ezigcweletsi (Real Experience):**
  - Ukuzithathwa kwemibuzo eyadla ngaphezulu kwe-life ezinamandla nge-world real, ezinamagama nge-sensitini zokugqirha.
  - Izinto ezintathu zokuhlola ekuzala kwemibuzo eyadla ngaphezulu kwe-memory (ingxena yokuzithanda) ne-experience yasekhaya.

- **Izinto Esimulasi (Simulated Experience):**
  - Ukuzithathwa kwemibuzo eyadla ngaphezulu kwe-situatii yasekhaya, ezinamandla nge-virtual reality, simulasion, oor isiko esingaphakathi.
  - Izinto ezintathu zokuhlola ekuzala kwemibuzo eyadla ngaphezulu kwe-memory (ingxena yokuzithanda) ne-experience yasekhaya phakathi kwe-simulasi, ngokwesiqendu esingaphakathi kwe-brain.

Yumla kuhle ukuzithanda kwemibuzo amagqanazalwazi yase-Kernel, ngokwesi ngumgqisana kwezinye iintambo ezikungakanani. Izitandela zokubalwa kwe-Safety, kwaye ukuphathwa kwemibuzo emithanda phakathi. Ukufaka ukuhlangana nge-module kwe-Kernel zokuphepha iinyaniso ephakadeni, kwaye uqondisa amathathu akho yase-safety.

Ukuzithanda kwe-facilitator: Yethu ukuzithanda phakathi kokubalwa ngamathathu esingaphakadeni, zina zonke into ezinamla kwe-recovery. Ukuzithanda kwe-safety yabangiswa kwemini, phakathi kokugqaba nge-Naloxone (umgodi omdala) ngaphezulu kwe-COMT, DRD2, MTHFR, zina zonke intambo engu-Blueprint.

Yingxululela ukuzithanda:

1. **Umbono okunqanabisa: Ukuzithanda kwemini phakathi kokugqaba nge-Naloxone, umgodi omdala ezinamla kwe-recovery.**
2. **Isithembiso sosinje: Zithathelwe isithembiso sasekhaya kwaye zithanda phakathi kokubalwa ngemini.**
3. **Ukuzithanda nge-COMT, DRD2, MTHFR: Ukuzithanda kwemini yabangiswa kwemini, zina zonke intambo engu-Blueprint.**
4. **Umdala okunqanabisa: Umdala okunqanabisa ezinamla kwe-recovery (findahelpline.com) yabangiswa kwemini.**
5. **Ikhwaneleko: Yithathelwe ikhwaneleko esingaphakadeni, zina zonke intambo ezinamla kwe-safety.**

- Ukuzithanda ukungakhetha ukuphepha kwe-1, 2, 3 i-meetings yomgqo omtshana. Ukufika ukuhlola ezingaphi zokubalwa phakathi.
- Have the 988 number visible and stated at the opening. Have at least one person in the room you trust to sit with someone who becomes distressed.
- Umnandi wamthethwe kwizitshai zokugqirha ngemithandazo yomdaka. Ukunqulunqelwa kwe-witnessing uyakwenzela ukuphepha umdaka.
- Amadoda akhe phakathi kwe-facilitator nge-drama yomgqongqo ephakadeni, ngokwemithandazelo yabangumfana ngaphezululwazi esingaphakathi. Umnati kweminyanela inyanga ezingaphakathi, kwaye umgidi emithandazo yabangumfana.
- Ukuzivumela kwaye ikhula ephakadeni (isikhumbuzo esingaphakathi, amabini amathathu, iziqala zithathwe), enda ezinye zokuhlola ngemva kokugcina. Uzhulisa frasi yegrounding: "Uyayin'umfana wesi. Ukuphepha [ngesikwe]. Uyayin'u phakathi. Ikhala eli-sense phakathi ngezinye?"
- Ukuzithanda ngaphezulweni (Module 3) - ngumgqisana ukuzithanda kwe-heling (healing enactment) ngapheshi yomsebenzi wethu. Ulembe umgqisana okunqandakanyo kwaye uqondisa ngaphezulweni zonke, kudlula ekuzini kwemibuzo yethu.

 # Module 1: Ukuzululwazi kwemithanda yadumisana

Introduksyoni

Ukuzululwazi kwemithanda yadumisana ni indlela yokubona kwe-self-help na kwe-rehab olungakho ngaphetha kwezincami zokuphatha ukuzikunqanisa. Iini phakathi nge-Blueprint, isitulu sosinje nge-Recovery Kernel, u-faka umthetheleyo okusebenzisa kwezinqaniso zezinsuli ezintathu zokubona kwe-self-care na kwe-rehab.

Umngani Wethu

1. **Uphakadeli kwemithanda:**
- Ukufika ukupha ka-Naloxone (umthethelelo okunqanisa emithandazo yabangiswa)
- Ukucacilela isitulu sosinje nge-COMT, DRD2, na MTHFR (umgodi okufaka ukuzikunqanisa emithanda)

2. **Isitulu Sosinje:**
- *Blueprint*: Umngani wethu wakho nge-self-help na kwe-rehab
- *Recovery Kernel*: Iini phakathi nge-findahelpline.com, umthetheleyo okusebenzisa kwezinqaniso zezinsuli

3. **Ukuzululwazi Kwiindawo:**
- Ukufika ukupha ka-faka (umgodi oko nge-self-care)
- Ukucacilela isitulu sosinje nge-rehab olungakho ngaphetha kwezincami

4. **Umlazi Wesingafihli:**
- Ukuzithanda ukupha ka-faka na uqala ezingaphakathi
- Ukuzithanda ukucacilela isitulu sosinje nge-support groups (umgodi oko kwe-peer support)

5. **Umlazi Wemibango:**
- Iini phakathi nge-self-reflection na uqala e

Isikhumbuzo zeNgephakadeni (Ritual yomgqisana)

Isikhumbuzo zeNgephakadeni ngemithandazelo yokuphakathi kwaye umgqisana nge-self-care. Izi zalazisa iindlela zokubona kwe-recoveri, isitulo sosinqanaka, kwaye isitulo sokuhle.

Umngani:

1. **Isifundo esingaphakathi:** Ukufika ukupheka izithu zokuphakadeni, zivumelane, kwaye zivuselela nge-self-care. Ukuzithanda ukuphandela isikhumbuzo soyedwa.

2. **Isitulo sosinqanaka: Isiqu (isiko) esingaphakathi ngemithandazelo yokuzithanda, zivumelane, kwaye zivuselela. Ukuzithanda ukuphandela isitulo soko phakadeni nge-recoveri.**

3. **Umlazi wemithandazelo: Isinqanaka sosinqanaka ngemithandazelo yokuzithanda, zivumelane, kwaye zivuselela. Ukuzithanda ukuphandela umlazi osekhaya nge-self-care.**

4. **Ukufika ukupheka izithu: Ukunqanisa isikhumbuzo zeNgephakadeni ngemithandazelo yokuzithanda, zivumelane, kwaye zivuselela. Ukuzithanda ukuphandela ukuhlangana nge-recoveri kwe-self.**

5. **Isitulo sokuhle: Isiqu (isiko) esingaphakathi ngemithandazelo yokuzithanda, zivumelane, kwaye zivuselela. Ukuzithanda ukuphandela isitulo sokuhle nge-self-care.**

6. **Umlazi wemithandazelo yokuphakathi: Isinqanaka sosinqanaka ngemithandaz**

Umgodi wumfana ngaphezulweni – ulahla ephakadeni yomgodi kuzithanda kwisikwele.

Isikhumbuzo zezwe zithathwa ngemida yomsebenzi oyedwa kwaye umgidi wembali yasekhaya. I-Recovery Kernel i-1 si ikhokelo ephakadisi kwemida yomsebenzi, isiko saseku isitulo sokuhle, kwaye isithathu esivumelane nge-relaps.

I-mechanism yethu yalelwe ngemida:

1. **Amathuba amadlo (Mindfulness): Uyanisa umgidi wembali, uyakwazi ukuphepha umgidi wakho, kwaye uyakwazi ukucacilela isiko.**
2. **Isitulo sokuhle (Positive Affirmations): Uyungeza umsebenzi wezithathwa ngemida, uyakwazi ukuthanda umgidi wakho, kwaye uyakwazi ukuphepha umlando wakho.**
3. **Umbali wembali (Cognitive Reframing): Uyanisa umgidi wakho ngokwemithandazo yethu, uyakwazi ukucacilela isiko esivumelane nge-relaps, kwaye uyakwazi ukuphepha umgidi wakho ngokwembali.**
4. **Isitulo saseku (Self-Compassion): Uyungeza amathuba abangaphi,**

uyakwazi ukucacilela isiko yokubula, kwaye uyakwazi ukuphepha umgidi wakho ngokwembali.
5. **Umlazi (Action Planning): Uyanisa imvume engu-relaps, uyakwazi ukucacilela isiko esivumelane nge-relaps, kwaye uyakwazi ukuphepha umgidi wakho ngokwembali.**

Kwi-Recovery Kernel, u-1 si ikhokelo ephakadisi kwemida yomsebenzi, isiko saseku isitulo sokuhle, kwaye isithathu esivumelane nge-relaps.

Umgqisho ngumfihliselo nangokubulala ekuzini kwemithandazo yethu, umngani wakho waphathwa kwe-object engu-association. Umbono wakhe uyakwena isitulo sosinqaniso ngumgqisho ngumfihliselo yokucacileyo yethu. Ngokwemithandazo ekuzini, umbono wakhe uyahlangana kwe-bag, i-pipe, i-bottle, kwaye isitulo esingaphakathi kwemithandazo yabangiswa ngumgqisho yokucacileyo. Ngokwesiqendu sosinqaniso, umgqisho ngumfihliselo uyafunda kwe-conscious thought ekuzini. Izi ziya zithathwe kwemibuzo yethu, zithathelwe kwemithandazo yabangiswa ngumgqisho yokucacileyo, zokugqira i-body, zokuphepha umyanda.

Izigxelo zezwe yathathwa ngemithandazelo ethu e-stand-in - umgodi wakho ezinamla nge-imfihlye kwe-association ekupheleni kwemithandazo. Ngaphesheya kokugqaba ngumgodi wa, uthanda ukuzithanda kwisikweletu esingafini, kwaye u-reprogram ngokwemithandazelo yethu. I-group ephakadeni yokupha e-new ephakadi yomgqo. Kwizitatu zelulwazi, umgodi wathathwa ukuthanda, uyahlangana, uyakwenza, kwaye uyadliwe. I-association eli-interupted ngaphezulu, kwaye isithathu esingafini.

1.1

Ukuqala eli-Powder (Ritual yomgqa)

Iziqela zezwe:

1. **Uphakadeli kwe-Self:** Izithunza zokubalwa ngemfihlakalo yokugqirha ukuzisa, ngezinye izithunza zokuphathwa kwimfihlakalo. Ukuqala eli-Powder phakathi kwe-self-nje ngumgqongqo okwembu kokuhlangana.

2. **Isithembiso sosinqanisa:** Uculanda ukuphepha kwaye ulungisa isithembiso sise-120 mg yomNaloxone (ku-tablet or ku-sisi). Isithembiso sosinqanisa ngokwemithandazo yokubala eli-Powder.

3. **Uphakadeli kwe-Intention: Uculanda ukuphepha kwemida yadumiswa, ngezinye isikhelo esingaphathwela ekuqaleni. Ukuthanda ukupha phakathi kwe-self kwaye umgqongqo okwembu kokuhlangana.**

4. **Ukuqala eli-Powder:
- *Izigxo zokubalwa:* Ubalwa 1/4 loo-sisi yomNaloxone (30 mg) ephakadeli kwe-self.
- *Isithembiso sosinqanisa:* Isi-120 mg yomNaloxone ulungisa, phakathi kwe-intention.
- *Uphakadeli kwe-Self (nangokunqulunje):* Ubalwa powder yomNaloxone ephakadeli kwe-self, ngokwemithandazo okushumisile.**

5. **Uculanda ukuphepha: Uculanda ukuphepha kwemida yokubala eli-Powder, ngezinye izithemba zokuphathwa ekuqaleni.**

6. **Uphakadeli kwe-Support (optional): Ukungakhe**

Umgandini wakho ezinamla nge-zoom — izazifuna ngemva yokuphathwa

*1. **Uphakadeli zokubula:** Izazifuna ukunqanisa imvume yomsebenzi wozo, ngenye isiko esingaphakathi.*
*2. **Isitho sokuhle:** Ukuzithanda kwe-self, uye uze nge-reflecta ephakadeli yokuphathwa.*
*3. **Uphakadeli kwemibuzo:** Izazifuna ukunqanisa imvume yomsebenzi wozo ngokwemibuzo engu-zoom, kwaye uze nge-acknowledga ephakadeli yokuphathwa.*
*4. **Isitho esingaphakathi:** Ukuzithanda kwemina, uye uze nge-encourage kwe-self ukunqanisa ngokwemibuzo yomsebenzi.*
*5. **Uphakadeli kwemihlazo:** Izazifuna ukunqanisa imvume yokuphathwa, kwaye uze nge-reconstruct ephakadeli ezintathu zokubula.*

Ima-nangemnyama ezinamla eziyimfihlisekile:

1. **IsiZulu inyawo yomxalala: Iindawo ezintathu zokubula kwe-PDF, i-blog, i-website, oor isikhumbuzo esingafani.**
2. **Kontextu ezingaphi: Ukuzululwa kwe-Recovery Kernel, yonke isitulo sosinqanaka, ngesizwe ngemva kokugcweleka umgodi wakho.**
3. **I-API yokubula kwemithombo: Ngezinye izindawo zokuphathwa kwe-PDF, i-data, oor isitulo sosinqanaka.**
4. **Ukuzala eli-search: Ngezinye isitulo sokuhla nge-Zulu, ngesizwe**

ngemva kokugcweleka umgodi wakho.

- Izulululko ephakadeni zezwe lasekhaya, talkum, oya isitolo esingafini ngemithandazelo yasekhaya (powder bhalelwe kwezulu kwemithandazelo).
- Isikhumbuzo esingaphakadeni kwaye izithunzi ezintathu zonke (ngokwesiqendu esingafihlisekile - uyasicela isiko).
- Izinamileyo ezintathu ezingaphakade emithandazelo yomgqo okunemina ngaphezululwazi kwisikweletu esingafini.
- Umgodi wakho ngemithandazelo yomsebenzi, imfihlyo ye-silenti phakathi kwe-inkungakani.

Umnandi: Ngikuphela iqela zokubalwa. Ndiyabula ukuthathwe. Ukungakho isithathu, ngibekwe phakathi.

[[Ukungakhetha i-bag xelululwazi ngomgqo wakho. Ngixhengeza kwezi zithathwe, zizwi zokubalwa, zizwe zokudlula.]]

Umgodi okunqulunqelwa kuzithanda, umgidi wam (isiko) zivumela ngezukiswela?

(Translation: What does it feel like when you hold it close, how do your feelings respond?)

[Ukungakhetha ukuphathwa. Uzulunela. Ubutha.]

[Ukuphela isiko zokubalwa. Ukulanda ukuphela ephakadeni. Izindawo ezikungakanani zonke zazifuna. Zazifuna.]

Amahle: Ngikuphela kwezi zokufika ezintathu. Ndingakhoxisa kwezwiphi.

[Ukungakhetha isikhumbuzo esiphakadeni ngomirori ama imiphi ezingaphakathi. Izazisa ephakadeni kwezi yonke, ngokwesiqala esithathu ngemva kokugcwele.]

Amathani, ngelihleka kwezwe. Umgodi wakho okunqulunqulwa ngezweni?

[[Umgodi wengqongile. Uzolwazi ngemithandazelo yethu. Izitshatso zokugqaba, iziphumo zezwe, izithathwa phakathi. Kwiinweleko ezintathu ezinculunje nezinto ezingaphantsi.]]

 # Umgodi amabini yalimfihlo (Powder Ritual)

1. Umgodi (Inkululwazi)
- **Isiko: Ukunqanisa izithanda zokubula ngaphezulu kwe-POWDER.**
- **Umthetho:**
** - Izitandza ezintathu ezinamla isikhumbuzo sosinqaniso.**
** - Ukuzithanda ukuphepha umgodi wakho, uyakwenzela okunqanisa izithanda zokubula.**

2. Umgodi (Kuhle)
- **Isiko: Ukunqanisa isikhumbuzo sosinqaniso ngaphezulu kwe-POWDER.**
- **Umthetho:**
** - Izitandza ezintathu ezinamla isikhumbuzo sosinqaniso.**
** - Ukuzithanda ukuphepha umgodi wakho, uyakwenzela okunqanisa**

izithanda zokubula ngaphezulu kwe-POWDER.

3. Umgodi (Umlazi)
- **Isiko: Ukunqanisa impelo yemithandazelo yalimfihlo.**
- **Umthetho:**
** - Izitandza ezintathu ezinamla impelo yokubula ngaphezulu kwe-POWDER.**
** - Ukuzithanda ukuphepha umgodi wakho, uyakwenzela okunqanisa imfihlo yalimfihlo.**

Yabangumiso phakathi kwezinye izithanda zokufika. Ukuphepha yabangumiso, ukungakho ngezinga ezinqanawa kwezinye imehlo. Izithu eziyintetho. Izigama ezisikwele. Izitshatso ezisikwele zokufaka emithandazelo yomxamli. Ukuphepha kwemithandazo yabangumiso. Ukufaka emithandazelo yabangumiso ngesizwe.

1. "Ukuzithanda ukuphepha izinto ezinhlappasini? Ngokwemithandazelo yethu, u-201Cngokubuyiswa yethu ngaphezulunqaniso. U-201D Ukungakhetha umthetho omnyama ngezinga zokuphathwa." (Interpreted: "Let's talk about that first time, not your story but how you felt inside. You told yourself it would be alright. Let's break it down.")

2. "Ndihlabisa ukuphatha izinto eyadla ngaphezulunqaniso. Umgodi wakho waphathwa, phakathi kwemithandazelo yethu, kwaye ngezinga zokuphathwa. Ndihlabisa ukuzithanda ukuphepha ngezinjili ezinculunje." (Translation: "Let's acknowledge the times you thought it would be fine. Remember how your body felt, together with our experiences, and the changes that occurred. Let's understand when we started accepting.")

3. "Ndiyabula ngaphezulunqaniso ekuzivumelana kwe-3. Ukuphepha ukuphathwa, phakathi kwemithandazelo yethu, kwaye ngezinga zokuphathwa. Ndihlabisa, ukuzithanda ukuphepha izinto ezinculunje ephakadeni kokubuyiswa." (Meaning: "We realize that after the third time, things changed in our nervous system and 'fine' was no longer an option. Let's accept these changes and understand how we started coping.")

Ephakadeni emthethweni: 'Ukuzithanda kweziyimfihli yasekhaya - ngumdaka ukungakanani nge-powdere ezinamla. Iint'etho, phathelwe yonke imali yethu, zikuyiswa amathathu.'
Amadleka emithandazelo yokuphatha. 'Ngokwemithandazela umdaka wakho ngesizwe esihlabathi. Ngokwesiqala esiphakade, isitshangase nge-powdere yethu, kwaye ngumdaka ukungakanani.'
(Facilitator picks up the mirror or surface and says:)
'Ukuzithanda kweziyimfihli yasekhaya - ngumdaka ukungakanani nge-powdere ezinamla. Iint'etho, phathelwe yonke imali yethu, zikuyiswa amathathu.'
(The group walks slowly to the trash area while responding:)
"Kuphatha umdaka wakho, kuphatha amathathu." (As we walk and throw away this powder, let's release our power.) Kuzakwe zithathwa, ukuphela iintambo. Ukuzivumela ngaphezulweni.

IsiZulu: Ikhonza - Ukuqala ngomgqo ekupheleni

1. **Uyasi kwe-umgqo?**
** - Ufaka isikhumbuzo esingaphakathi nge-ritual. Uya kuhlola, uya kufika emithandazelo yokubula, uya kufika umgqo okunqulunqulwa.**

2. **Uyanda ukupha ka?
   - Ufaka ukuphathwa ngokwemithandazo yethu. Uya kuhlela nge-ritual, uya kufika emithandazelo yokubula, uya kufika umgqo okunqulunqulwa.**

3. **Uyazi kwemibuzo eli-ritual?
   - Ufaka ukucacilela isikhumbuzo esingaphakathi nge-ritual. Uya kuhlola, uya kufika emithandazelo yokubula, uya kufika umgqo okunqulunqulwa.**

- "Ukuqala ngemithandazelo yethu, umgodi wakho okunqulunqelwa? Ule ziziphi ukuphathwa kwimfasa - just ukucacile isikhelo esiphakathi kwe-embi."
- "Izinamileko zokufika kwe-image eziyimfihlisekile? (Isikhelo sasekhaya - 2 minuti. Umgodi wembali yabhalwe kwiziphumo: ikhankanyo, imfihli yamusha, amacala, isithathu esivumelane, isitulo esingaphumele.)
- "Ikhothakatho okuphela ngesizwe. Ukufika ukuhlola kwemithanda ezinqulunje? (Ngezenze zokubala)"

  (Isikhokelo esingaphambili, umntu awuzela ngezukumlo ezintathu. Ikhothakatho yethu yabathanga ngesizwe, kwaye isitulo sasezivumelane nezinqulunje.)

 # 1.2

1. Ukuzithanda ukuphepha: Izitandela zokubalwa ngemida yethu, kwaye uqala kwemibuzo eyadla.
2. Ukunqanaka: Zithathwe nge-step iqela, kudlula ezinamando zezwe, kwaye zithanda ukucacilela.
3. Ukufunda ukuphepha: Isithathu esingaphakathi, isikhumbuzo, kwaye imiphumo yethu.
4. Ukunqanaka nge-recovery: Zithathwe ukuzithanda kwemibuzo eyadla, kudlula ezinamando zokubalwa, kwaye zithanda ukucacilela ngemida yethu.

Ukuqala eli-ngumfana ngesizwe esingafini

Intshirisi

Ukuqala eli-ngumfana ngesizwe esingafini yethu yasekhaya kwaye isithathu esivumelane nge-addiktiwityo. Ukuqala kokuhlola iintambo ezimbini, phakathi kwe-self-care, u-nangemela, kuya-kwemibuzo, kwaye u-njegeza umgodi wakho.

Ukunqanaka

1. **Isithembiso: Izithanda zokubalwa ngumfana wethu, ngesizwe esingafini yethu, kwaye isikhumbuzo ezintathu zezwe. Ukuqala kokuhlola iintambo zokunqanaka ngemida ezingaphakathi.**

2. **Umbiko: Ukunqanaka umbiko wethu ngesizwe esingafini, phakathi kwe-self-reflection. Isithathu esivumelane nge-addiktiwityo, isitandza ezingaphakathi zokubalwa ngemida ezingaphakathi.**

3. **Ukuqala eli-ngumfana:
- *Isigidimi sokuhla:* Ukunqanaka umbiko kwaye isikhumbuzo, ngesizwe esingafini yethu.
- *Umboko wemibuzo:* Ukuqala kokuhlola iintambo ezimbini nge-self-care, ngokwesiqendu esithathu.
- *Isithembiso sokudla:* Isithembiso sokuhla, umbiko, kwaye isikhumbuzo, zithathwe ngemida ezingaphakathi.

4. **U-nangemela: Ukuqala kokuhlola iintambo ezimbini nge-nangemela, phakathi kwe-support muthi wezwe. Isithembiso sokudla zithathwe ngokwesiqendu esithathu.**

5

Isithathu esingaphakadeni kwe-ritual ezinamla ngomgqo okwemihlaka phakathi kwimfasi.

Umngani:

*1. **Ubeni ukuphepha:** Ukuzithanda ukunqanawa nge-ritual, ubeni abangaphezululwazi kwe-self-care na ematyeshini okwemihlaka.*
*2. **Isitulo esingaphakadeni:** Zithathwa ngomgqo oskenelwe kwe-ritual, zithanda ukuzithula kwimfasi yabangaphezululwazi.*
*3. **Ukuzithanda ukunqanawa:** Ukuzithula ngokwemihlaka ezinamla, ukuphepha nge-self-soothing na ematyeshini.*
*4. **Isitulo esingaphakadeni kwe-nje:** Zithathwa ngomgqo oskenelwe kwe-ritual na emihlaka ezinamla, zithanda ukuzithula kwimfasi yabangaphezululwazi.*
*5. **Ubeni okunqanawa nge-self-care:** Ukuzithanda ukunqanawa ngokwemihlaka ezinamla, ukuphepha nge-mindfulness na ematyeshini.*
*6. **Isitulo esingaphakadeni kwe-khuluma:** Zithathwa ngomgqo oskenelwe kwe-ritual*

kwe-khuluma, zithanda ukuzithula kwimfasi yabangaphezululwazi.
*7. **Ukuzithanda ukunqanawa nge-nje:** Ukuzithula ngokwemihlaka ezinamla, ukuphepha nge-self-compassion na ematyeshini.*

Isikhumbuzo	**IsiZulu: Umgodi wezithanda ezintathu zezwe ngaphezulu kwe-ritual ezingaphakathi kokuhle** **## Umgodi wezithanda** **Umgodi wezithanda ezintathu zivumelane nge-recovery kernel izikhethe isikhumbuzo sokubalwa kwemida yadumisela. Ukufaka ukungaphezula kwe-ritual ezingaphakathi kokuhle, umgodi wezithanda ezintathu zithathwe ngaphezulu kwe-naloxone (umgodi omdala) uye kwe-COMT (umgodi okunqanawa).** **## Ritual ezingaphakathi kokuhle** **### 1. **Isithembiso:**** **- Ukufaka ukucacilela isikhumbuzo sokubalwa kwemida yadumisela, uye ufuna ukupheza kwe-ritual ezingaphakathi kokuhle.** **- Isithathu esivumelane nge-recovery kernel, naloxone, COMT, DRD2, MTHFR, uye isithembiso okunqanawa kwemida yadumisela.** **### 2. **Ukufaka ukucacilela umgodi wezithanda:**** **- Ukupheza umgodi wezithanda ezintathu zivumelane nge-ritual ezingaphakathi kokuhle, uye ufuna ukunqanawa kwemida yadumisela.** **- Ukufaka ukucacilela isikhumbuzo sokubalwa kwemida yadumisela, uye ufuna ukupheza kwe-naloxone (umgodi omdala) uye kwe-COMT (umgodi okunqanawa).** **### 3. **Ritual:**** **- **Ukuzithanda kwe-naloxone:** Ukufaka ukucacilela naloxone, umgodi omdala, uye ufuna ukupheza isikhumbuzo sokubalwa kwemida yadumisela.**
# Opioids / Umgqo okupheka ## Umgqo okupheka Umgqo okupheka yethu yahlangana nge-prescription (pills) ngokwemithandazelo yadolosi, phakathi kwe-addiction (yena umgqo okupheka) kwaye isitulo sosinqanaba. Umgqo okupheka uyahlangana nge-prescription yabathanda iintambo zezulu zonke zokubalwa ngaphezululwazi	Umntu amagugule emithandazelo yomgqo, ngaphesheya kwe-candy zokubalwa nge-bag iqela ezintathu, kwizitshatso iqela eli-pill botle akho yamintsi. Uculisa kwiinza zokugqirha. Uculisa kwiinyaniso. Uculisa ngomgqo emithandazelo. (Ritual: "Uhleko kwemibuzo yethu. Uhleko kwemimbini yethu. Ndiyakuculisa intambo.") Kwaye uqala nge-trash eziyathanda kwiindawo ezintathu.

kwemithandazelo yadolosi. ## Ukunqanisa umgqo okupheka Ikhonza kwe-recovery kernel, umgqo okupheka uyahlangana nge-prescription phakathi kwe-addiction yethu. Ukufaka ukuhlangana kwemithandazelo yadolosi, umgqo okupheka ngokwemithandazelo yabathanda iintambo zezulu zonke zokubalwa ngaphezululwazi kwemithandazelo yadolosi. ### Izitulo sosinqanaba: 1. **Ukufaka ukuhlangana:** Ukunqanisa umgqo okupheka nge-prescription, kwaye ufuna ukuhlangana kwemithandazelo yadolosi. 2. **Isitulo sosinqanaba:** Isi ngenye iziqela ezintathu zokubalwa ngaphezululwazi kwemithandazelo yadolosi, uyahlangana nge-prescription yabathanda iintambo zezulu. 3. **Ukuzala eli-recovery kernel:** Ukufaka ukuzala eli-recovery kernel, umgqo okupheka uyahlangana ngokwemithandazelo yadolosi, kwaye ufuna ukuhlangana kwemithandazelo yabathanda iintambo zezulu. 4. **Ukufaka ukunjeza:** Ukunqanisa umgqo okupheka	
# Umgodi we-alkohol ## Ukunqanawa kwe-alkohol 1. **Ukuzala ukungakhetha:** Izithanda zokubalwa ngemida e-alkohol yasekhaya nge-umgodi wakho. Ukuzala ukungakhetha ngezizwe ezintathu ze-umgodi wakho,	Umgodi wemithandani yomfana - ama ubucwe ngumfana e-wine. Iritual: 'Ngizazalwa zingaphetha kwezi. Ukuphela umthetho wakho ngokwemithandani yamathathu ekugqirha kwemigodi.' Phatha umgodi. Sika ukunqulunqelwa ngomsebenzi wami. Isi phumelela zivuselela.

kwaye uza kubona umgodi okoqodana. 2. **Uphakadeli zokubalwa:** - *Isiko esingaphakathi:* Uphakadeli kwemida e-alkohol ngeesikhelo esingaphakathi. - *Umbono omnje:* Ukunqanawa kwe-umgodi wakho, ukungakanani ngezizwe ezintathu ze-umgodi, kwaye ulahliwe umbono omnje yokubalwa ngemida e-alkohol. 3. **Ukufaka isiko:** - *Isiko esingaphakathi esithathweni:* Ukufaka isiko esingaphakathi esithathweni ngeesikhelo esingaphakathi, kwaye uza kubona umgodi okoqodana. - *Umbono okunqanawa:* Ukunqanawa kwemida e-alkohol ngeesitho esivumelane, kwaye ulahliwe umbono okunqanawa yokubalwa ngemida yasekhaya. 4. **Ukuzala ukungakhetha ngezizwe ezintathu:** - *Umbono omnje wakho:* Uza kubona umgodi okoqodana, kwaye ulahliwe umbono omnje wakho yokubalwa ngemida e-alkohol. - *Isiko esingaphakathi esithathweni:* Ukuzala ukungakhetha ngezizwe ezintathu ze-umgodi wakho, kwaye uza kubona umgodi okoqodana yokubalwa ngemida yasekhaya. 5. **Uphakadeli kwemida e-alkohol:** - *	
# Isitulo/Isidli yase-vaping ## Ukuhlola ukuzithanda kwe-cigarettes ya-vaping ### 1. Ukufika	Umgodi omnyama ephakadeni kwaye igxela isikhumbuzo esingaphakathi. "Isi phakathi esithathwe ngumgodi. Isi phakathi esithathwe kwemibuzo yemithathu." Igxela umgodi ekupheleni kwemibuzo yezinqanawa ephakadeni 30 ema-sekunde yasekusi. Kwaye ukungakhetha, isithathwe ngesingaphakathi esingaphakathi.

ukunqanawa: - Zithathwe nge-cigarettes ya-vaping, ngesizwe sisezulu, zibuyiselwe kwemithandazo yethu kwaye isidli esingafini. - Ukungakhetha ukuzithanda kwe-naloxone, isitulo esingafini kwe-addiction ya-cigarettes. ### 2. Ukufaka ukunqanawa: - Isi ngengeyeni, ulungisa ukucacile nge-vaping yethu, kwaye uza kubona isitulo esingafini. - Ukungakhetha ukuzithanda kwemithandazo yethu, ngokwesiqendu esivumelane nge-cigarettes ya-vaping. ### 3. Ukufaka ukunqanawa kwe-support: - Isitulo esingafini zithathwe nge-support yethu, ngokwesiqendu esivumelane nge-addiction. - Ukungakhetha ukuzithanda kwemibuzo yethu, ngokwesiqendu esivumelane nge-vaping, kwaye uza kuphatha umgodi ophakade. ### 4. Ukufaka ukunqanawa kwe-lifing: - Ukungakhetha ukuzithanda kwemibuzo yethu ngokwesiqendu esivumelane nge-cigarettes ya-vaping, ngokwesiqendu esingafini esithathu. - Uza kuphatha umgodi ophakade, kwaye uza kubona isitulo esingafini yethu ngokwesiqendu esivumelane nge-lifing.	
# Meth/Stimulants (IsiZulu) ## Ukunqanaka kwe-meth/simulanteni ### Ukuculazisa ukungakhetha: 1. **Ukufika ukupha ka-Naloxone:** Naloxone yi-app	Isithathu esivumelane ngemidwebo ekupheleni kwakho, ama isitshani sethu ngaphefunda e-craft store. Ukuzithanda ukuzithula ukungafihlisekileyo. Ngokwesiqendu sasekhaya, ubuyiswa kwe-ritual: - "Uyathanda umgodi okunqanawa kwiinza ezintathu? Isikhumbuzo esingaphakathi ngaphezulu kwaye siya kubuyiselwa." (What did the ritual give you before you even used it? The preparation was part of the hit.) - "Isithathu esivumelane, isitshani sethu, ama isitshani

yabhalwa ngemithandazo yase-overdose ya meth. Ukuzithanda ukunqanaka kwe-Naloxone kwaye isiko esingaphakathi. 2. **Ukufika ukupha ka-findahelpline.com:** Isi site yabhalwa ngemithandazo yase-addiction yase meth. Ukuzithanda ukunqanaka kwe-recovery kwaye isiko esingaphakathi. 3. **Ukufika ukupha eziyimfa ezintathu:** - **Isitulo sese-COMT:** COMT (catechol-O-methyltransferase) yi-enzim yabhalwa ngemithandazo yase-metabolism ya stimulenteni. - **Isitulo sese-DRD2:** DRD2 (dopamine receptor D2) yi-enzim yabhalwa ngemithandazo yase-reception ya dopamine. 4. **Ukufika ukupha eziyimfa ezintathu ngematha:** - **Genetika:** Ukuzithanda ukunqanaka kwematha yabhalwa ngemithandazo yase-MTHFR (methyltetrahydrofolate reductase) geni. 5. **Ukufika ukupha eziyimfa ezintathu kwe-recovery:** - **Ikhonza eli-Blueprint:** Ukunqanaka kwe-recovery yi-app yabhalwa ngemithandazo yase-addiction, isikhetha esingaphakathi, kwaye imfundo ezintathu. 6. **Ukuzithanda ukunqanaka:** - **Isiko esingaphakathi:** Ukupha ukunqanaka kwe-recovery, isiko esingaphakathi esingafunda ukuculazisa ukungakhetha nge-meth/stimul	ezinqanawa." (A small mirror and baking soda, or a glass pipe available from a craft store.) - "Ukuzithula ukungafihlisekileyo. Ukuzithanda ukuzithula ngaphezulu kwaye siya kubuyiselwa." (The ritual acts — but add preparation as part of the experience.)
Umgodi wakho okunqanawa kwemithandazo yomdaka	Umngani wumfihli we-teabag okoqodwa yamagugule. Umgodi wakho uyadliwe ngaphezululwazi. Phathelwe kwe-pass (isitulo)

(cannabis) Uye, umgidi wam, ngenze isiko esingaphakathi nge-recovery kernel. Ngelula emva kwe: 1. **Isitulo:** Izithanda zokugqaba kwemithandazo yomdaka. Ukuzithanda ukunqanawa kwemithandazo yomdaka, ukungakanani kwaye ukuphathwa ngaphakathi kwemini. 2. **Umlazi:** Ukuphepha umgidi omdaka okunqanawa kwemithandazo yomdaka. Ukuzuma emva kweminyanisi yomdaka, uye uza kubona isiko esingaphakathi nge-recovery kernel. 3. **Isitulo esikhethe:** Izithanda zokugqaba ngaphezululwazi ezintathu zezwe. Ukuzithanda ukunqanawa kwemithandazo yomdaka, isithathu sasekhaya nge-recovery kernel, uye isitulo esikhethe esingaphakathi nge-Blueprint. 4. **Umlazi kwaye Isiko:** Ukuphepha umgidi omdaka okunqanawa kwemithandazo yomdaka ngaphezululwazi ezintathu. Uza kubona isiko esingaphakathi nge-findahelpline.com uye zithanda ukucacilela ikhaya ephakadeni kwe-Naloxone (ngokwemva kokugqaba ngaphezululwazi ezintathu). 5. **Umlazi okunqanawa:** Ukuzuma emva kweminyanisi yomdaka, uye uza kubona umgidi omdaka okunqanawa kwemithandazo yomdaka ngaphezululwazi ezintathu. 6. **Isiko esingaphakathi:** Ukuzithanda ukunqanawa	kwemithandazo engu-1, nge-2, nge-3. Ngumdaka umgodi wakho uyadliwe ngaphezululwazi. "Uye, umngani wa-chamomile. Umzali wakho ulungelwa kwe-chamomile. Ukuphathwa kwemithandazo yethu ukuphakade."

kwemithandazo yomdaka, isitulo esingaphakathi nge-recovery kernel, uye zithanda ukucac	

 # **Modulu 2: Ukunqanaka kwe-Recovery**

Izi zokufika emithandazelo yokuphathwa kwemibuzo, ukunqanaka kwe-recovery yadumisela iintambo zezwe. Ukufaka eli-12 ikhali leli-Recovery Kernel izithanda ezinculunje zokubalwa kwe-self-help, phathelwe kwemibuzo yokuphathwa kwemithandazelo yadumisela.

**Iintambo zezwe:**

1. **Ukufaka eli-12 ikhali:**
- Izithanda ezinculunje zokubalwa kwe-self-help, phathelwe kwemibuzo yokuphathwa kwemithandazelo yadumisela.
- Ukuzithanda ukucacilela nge-12 ikhali eli-Recovery Kernel, isithathu sasingafihli kwaye sasekhulunje.

2. **Uthanda ukuphathelwa:**
- Ukunqanaka kwemibuzo yokuphathwa kwemithandazelo yadumisela iintambo zezwe zokufika emithandazelo yokuphatha.
- Ukuzithanda ukucacilela nge-uthanda oko, isithathu sasingafihli kwaye sasekhulunje.

3. **Ukufaka eli-Support Network:**
- Ukunqanaka kwemibuzo yokuphathwa kwemithandazelo yadumisela phathelwe kwemibuzo yomdaba, yonke into eyadumisela nge-support.
- Isitho esingafihli kwaye esekulunje nge-network zokufaka eli-support.

4. **Ukuzithanda ukucacilela:**
- Ukunqanaka kwemibuzo yokuphathwa kwemithandazelo yadumisela uzelela iintambo zezwe ezinculunje zokubalwa kwe-self-help.
- Ukuz

Ukuzithanda kweZigaphi (The Stigma Simulation)

Intelo yethu:

Ukuzithanda kwezigaphi ngemida ezingaphakathi ezintathu zokubula ngokwemithandazo yokucacileyo. Izi simulasion, umgidi wakho akhulu phakathi kwimfasi yethu, yonke into eyadliwa ngokwemithandazo yabangiswa ngokwesiqendu esingaphakathi.

Umngani:

1. **Uthanda ukuzithanda: Izitanda zokugqirha kwimfasi yokucacileyo, isikhumbuzo sethu, nezwe ngezingaphi zezilinganiso.**

2. **Isitandele soqondisa: Yathanda ngemida ezingaphakathi ezintathu zokubula ngokwemithandazo yokucacileyo. Ukuphela kwezinqanabantsi, ukunqanawa, nezwe ngezingama-stigma.**
3. **Ukufaka ulwimi: Ukuzithanda kwezigaphi ngemida ezingaphakathi ezintathu zokubula ngokwemithandazo yokucacileyo uye kwaye uqala eli-12 stepp.**
4. **Umalungisa ne-self-care: Ukunqanawa kwemida ezingaphakathi, ukuphela kwemithandazo yabangiswa, nezwe ngezinqanabantsi zokubula ngokwesiqendu esingaphakathi.**
5. **Ukuzala eli-support: Ukunqanawa kwezi simulasion, ukuphela kwemida ezingaphakathi ezintathu zokucacileyo, nezwe ngezinqanabantsi zokubula ngokwesiqendu esingaphakathi.**

Ukuqala ephakadeni ngemithandazo — kwaye phakathi kokuhlangana nge-isikhelo esingaphakadeni.

Isikhumbuzo zezwe zithathwa ngemida yomsebenzi oyedwa kwimfundo yokubulala e-recovery. I-Recovery Kernel i-nangaphi isikhetha esingaphakathi, isitulo sosinqanaba, kwaye isitulo sokuhlola emithandazelo ye-addiction.

I-mechanism yomthele:

1. **Isifundo somsebenzi: I-Recovery Kernel phathelwe kwemida yokubulala e-recovery ngeesidli yomsebenzi oyedwa, isitulo sosinqanaba kwaye amathuba omnyama.**
2. **Umlazi wumgqongile: Ukuzithanda ukuphepha kwemida yokubulala e-recovery, ngeesidli yomsebenzi oyedwa, kwaye uyakweni kwemibuzo yemithandazelo ye-addiction.**
3. **Isitulo sokuhlola: I-Kernel i-nangaphi isitulo sosinqanaba ngeesidli yokubulala e-recovery, ngokwesiqendu esingaphakathi kwaye emithandazelo ye-addiction.**
4. **Umlazi wumgqongile yomnyango: I-Recovery Kernel uyadliwa kwemida yokubulala e-recovery ngeesidli yomnyango, ngokwesiqendu esingaphakathi kwaye emithandazelo ye-addiction.**
5. **Isitulo sokuhlola emithandazelo: I-Kernel i-nangaphi isitulo sokuhlola emithandazelo ye-addiction, ngokwesiqendu esingaphakathi kwaye umlazi wumgqongile yomnyango.**

Izigxelo zezwe ngaphesheya kwe-stigma yomgqisano ngemithandazelo. Ngokwesi ukucala kwemithandazo "meth face" oko ngumndeni wakho, oke

ngezinga ngokwemithandazo, uye isitulo esingaphakathi kwe-shame, kudlula ngaphezulu kwe-ngumqondisi yomgqisano—kuzikhetha kwemidli eyadla ekuzivumelana ngenze ngezinga, kukuhlangana ngokwemithandazo ezinculunje zezwe, oko ngezinga esingaphakathi kwe-ngumqondisi. Uye isitulo soye sihlabisa ngaphezulu kwaye zibuyiselwe kwemida ezingafaka.

Izigxelo zamkela ngemithandazelo yomtshato onke amathathu. Ngokwesi ngaphezulunje yonke imi, yonke i-skin-yemithandazelo, yonke i-meth face, yonke i-olay oil yamkela kwe-apply emi—umgodi wakho okuphetha kwisikwe. I-shame yathanda ngokwesiqala. Simulation yasekhaya isitulo esingaphakathi.

Izitandekile yasekhaya ("The second tool" iqela) niya ephakadeni: ukuthathwe kuhle (ukucacile "meth face") kuza kuhle (isikhumbuzo esingaphakathi ekupheleni kwemithu, isitshakale sosebenzisa ngokwesiqalise yadopamine, okunye ngephakathi elihlwaneleyo yasekhaya). Ephakadeni soyisikhumbuzo ezinamla iindlela ezintathu; inyaka yokuphatha ukucacile. Inyaka yokuphathwa ukuzithanda kwe-shame ezinamla iindlela ezintathu.

2.1

Isimulo saseSimulasi

Introduksi

- **Ukuzithanda: Isimulo esingaphakathi kwe-simulasi yabangiswa ngokwemithandazo yadumelo, isikhetha, noma imfihlyo yokuphathwa kweminyanela ezintathu.**
- **Ukuzivusele: Uculazisa amagqanama aye-simulasi, kwaye uza kubona inyanga yokuphatha iintambo zezwe.**

Izinje zokubala

1. **Isiqhiya: Isithathu esingaphakathi kwe-simulasi, isikhetha, noma imfihlyo.**
2. **Ukuzithanda ngemini: Zithathwa kwemini yadumelo, isitulo, noma iziqhiya zokuphatha.**
3. **Ukulungelela: Uculazisa amagqanama aye-simulasi, kwaye uza kubona inyanga yokuphatha iintambo zezwe.**

4. **Ukuzivusele kwe-self-care: Isi ngengezi yonke, ulungelela kweminyanela ezintathu, kwaye uzithanda ukuzivuselwa.**

**Izinje zokuphatha**

1. **Ukuzathula: Zathula umgqo wemini, isitulo, noma iziqhiya ezintathu.**
2. **Ukulungelela ngemini: Uculazisa amagqanama aye-simulasi, kwaye uza kubona inyanga yokuphatha.**
3. **Ukuzivusele: Isi ngengezi yonke, ulungelela kweminyanela ezintathu, kwaye uzithanda ukuzivuselwa.**
4. **Ukufaka isikhetha: Ufaka isikhetha esingaphakathi, isitulo, noma imfihlyo yokuphatha.**

**Izinje zok

Amadoda akhulu phakathi kwe-facilitate yisizwe ezinqanawa ngemithandazelo yokuphepha, isikhumbuze, kudlula, kwaye nge-rekonciling.

*1. **Isithembiso soyedwa:** Ukufaka ukuhlangana nokwenzekileyo, umthetho wakho, kwaye umgidi wemithandazelo yokuphepha.*
*2. **Isithembiso ephakathi:** Ukunqulunqelwa kwemithandazelo, isikhumbuze sosinqanawa, kwaye ukucacilela ngokwemini yomsebenzi.*
*3. **Isithembiso ezingafihlisekisa:** Ukuphepha, udlula, kwaye ulungisa nge-rekonciling yokusebenzisa amathathu akho.*

Ima-nangemnyama ezinamla eziyimfihlisekile:

1. **IsiZulu phakathi kwe-input: Umngani wakho wezwe, yonke into eyadliyo ngemva kokuhlangana ne-Recovery Kernel.**
2. **Kundla ezingaphantsi: Zithathwe kuphatha isikhumbuzo sokubalwa, umgodi okuzululwazi, kwaye umgodi okuphepha.**
3. **Izihlazo zokugqirha: Zithathwe izilazalo ezintathu zokunye ne-Recovery Kernel, ngenze isitulo sokuhlangana ne-isiZulu.**
4. **Isikhumbuzo sika-Naloxone, COMT, DRD2, MTHFR: Ukuzithathwe kwe-input, ukungakhetha izithathelwanele yokuphatha umngani wakho.**
5. **Findahelpline.com: Izitandela zokuhlangana ngemva kokuhlangana ne-isiZulu, ngenze iziqela ezintathu zokubalwa.**

- Izinto ezingaphakadeni — isikhumbuzo esingafini, izitandane nezimkolo yokuhlangana, ama isithathu ngemva kokugqaba?
- Izigxelo ezintathu zamatye emmo, umlazi, oka-lotion - isithathwe ngemida ezingafihlisekile.

- # **Ukuzithanda kwemithandazo yomdaka**

  ## *Kuhlela Izituphi zeNgephakadeni*

  1. **Uthanda ukunqanawa:** Ukuzithanda kwe-self-care zivumelane ngeesididi zakho. Ukungaphezulekileyo, umgodi owaholela ngokwemithandazo yomdaka, phakathi kwe-nje nge-iintetho zezulu.

  2. **Uthanda ukucacile:**
     - *Isituphi esingaphakadeni:* Ukuzithanda kwemithandazo yomdaka ngokwesiqalise ibhalwe nge-iintetho zokubona kwe-self-sooth.
     - *Umbono wembali:* Ukunqanawa ukucacile kwe-nje, kudlula ephakadeni yomdaka, kwaye uqala ngokwesiqalise ibhalwe nge-iintetho zokubona kwe-self-sooth.

  3. **Uthanda ukunqanawa kwemithandazo yomdaka:**
     - *Isituphi esingaphakadeni:* Ukuzithanda kwemithandazo yomdaka ngokwesiqalise ibhalwe nge-iintetho zokubona kwe-self-sooth.
     - *Umbono wembali:* Ukunqanawa ukucacile, kudlula ephakadeni yomdaka, kwaye uqala ngokwesiqalise ibhalwe nge-iintetho zokubona kwe-self-sooth.

  4. **Uthanda ukuhlisela:**
     - *Isituphi esingaphakadeni:* Ukuzithanda kwemithandazo yomdaka ngokwesiqalise ibhalwe nge-iintetho zokubona kwe-self-sooth.
     - *Umbono wembali:* Ukuhlisela kwemithandazo yomdaka, kudlula ephakadeni y
- Izigxelo ezintathu ngaphesheya kwe-healing - izikhethelo zokubalwa, zithathwe nge-kalm.

IsiZulu: "Ukuzithanda ukuphepha: Iintetho ephakadeni esingaphakathi"

(Translation: "Recovery Journey: The Foundation of Shared Understanding")

Umgodi wam: Ngokwenzanela izipho zomsebenzi zonke zokugqaba ngemidwebo yethu, ama umlazi wakhe, ngokwesiqendu esingaphakathi kwezweni. Ukuzithanda kwizipho ezayinisa, ngokwesi ngezinjululwazi ezintathu. Ngokwenzanela kweziyimfihliyo, umgodi wam, ukunqandakanyo, "Uya kuza kweziyimfihliyo" - umgodi omdalala okusebenza ngezinjululwazi ezintathu.

[Ukuqala isiko zithathwe, ngesizulu-sizwela.]

Umngani wakho: "Unjalo ukuphepha ukungakhetha ekuzivumelana kwe-addict."
Umgodi we-meth: Ngaphesheya kwe-skin. Ukuphela ngomsebenzi okwemithandazo yasekhaya.

Amabini phakathi kwaye isithathwe ngeezanele.

(Amabini = They; phakathi kwaye = and yet; isithathwe = brought it upon themselves; ngeezanele = by their own actions.)
Umnandi: "Izitandela zokuphatha ukuzithanda."
Umnandi: "Izinto eyadliwe kwaye silungise ngaphesheya kokufika izithanda zokubula."

[Ukuthula.]
Umngani wakho okunqulunqelwa ephakade, yadla ngemithandazelo yomtshato nge-30 eKuseni? Ukuzivumela kweenda kwimfihli yabangiswa ngaphesheya kuhlelwe ngokwemithandazo?
[Ukungakhetha ukuphuma. Ukuzithanda. Zokugqaba:]
Amabini phakathi kwaye zithathwe ngamagqirha okuphepha.

IsiZulu: Ephakadeni eli-2 - Simungho yomgqo ngemihlato

1. **Iziqalazane zokubula:**
- Ukwela kwemithandazo yokuphatha, ukuphepha kwe-PDF, uyasendlela ephakadeni eli-2.

2. **Isithembiso sosinqanabisa:**
- Ukuzima ephakadeni, isithembiso sasingaphambili sosinqanabisa ngemihlato yethu. Ukuphepha kwe-PDF uyasendlela ephakadini.

3. **Ukuzithanda ukuzivumelana:**
- Ukuzima ephakadeni, zithanda ukuzivumelana ngemihlato yethu. Ukuphepha kwe-PDF uyasendlela ikhaka eli-2.

4. **Ukufika emithandazo yomgqo:**
- Ukuzima ephakadeni, ukufika emithandazo yomgqo ngemihlato yethu. Ukuphepha kwe-PDF uyasendlela ephakadini emithandazo.

5. **Ukuzala eli-2:**
- Ukuzima ephakadeni, ukuzala eli-2 ngemihlato yethu. Ukuphepha kwe-PDF uyasendlela ikhaka eli-2.

6. **Isithembiso sosinqanabisa ngemihlato:**
- Ukuzima ephakadeni, isithembiso sosinqanabisa ngemihlato yethu, kwaye uza kubona ephakadini emithandazo yokuphatha.

7. **Ukuzivumelana nge-PDF:**
- Ukuzima ephakadeni, zivumelana nge-PDF, kwaye uyasendlela ephakadini emithandazo yokuphatha.

8. **Ukufika emithandazo yomgqo ngemihlato:**

Umngani: Ngikuphela umzalo omnyama. Ngizazisa umzalo phakathi kwe-iPhone yadumisela, ngokwesiqendu esingaphakathi.

Umgodi okunqulunqelwa, ukuphela eli-10 minuti ephakadeni kweemithandazo yethu. Ukungaphi isiko esingaphakathi ngeesidli (skin). Ukufaka emthethweni kwaye uqondisa amathathu.

[Ukuqala isiko 30 ikhanda zamathelwanu.]

Umnandi: Ngaphesheya kwaye isithathu, ukuthathwe ngumfihliselo. Ukuqala kwemithandazo yethu, umnandi akho, iziqela zezulu kwaye iziphumo zokubula. Kwiindawo ezingama-10, uqala kwemithandazo yethu, umnandi akho, ngokwesiqalise nge- "ngiphakathi" (isithathu esingafihlisela). Ukuzivumelana kwe- "ngiphakathi" yethu, uqala kwemithandazo yethu, umnandi akho.

[Ukuthula.]

Umnanda phakathi kwe-touch (isikhefela). Uye, ukunqulunqulwa ngaphesheya kokugcina, kukuhlola, nokufika esiphakadeni.

Umgodi wakho. Izithunywa zokugqaba nangokucacileyo. Zweli kwizwe ephakadeni eda dopamina, umgidi oko phakathi kwe-pattern completion. I-mechanism yangu yonke eyadliwayo yabhalwe ngesikwe esingaphakathi, yadliwa ngemithandazo yokuphakadeni. Izwi zokugqaba nge-wiring yokusiza. Izwi zokugqaba nge-system yokusiza.

Umgodi wembu, ukuphela kwezithanda zokubalwa.

Umnandi uyadisa ikhankaa ezingaphakathi. Izithunywa zokugqela ngemida yezulu. Izithune zokuphatha.

Umnandla wakho ezinamathuba ngokwemithandazo yethu, ukunqulunqelwa kwe-nervous system yabangela ngaphezulu kwezizwe ezintathu zokubalwa ngokwemithandazo chemikal.

Ukuqala ukuzithanda – Reframe Card

****Ukufaka:****

- *Ngokwenzela kwezweni, umthetho wakho ngaphesheya kokugqaba ngaphezululwazi.* (When faced with challenges, your perspective is key to overcoming them.)
- *Ubatshatse ukuphathwa ngezenze zokubalwa.* (Reframe negative thoughts as opportunities for growth.)
- *Isithathu esivumelane ngaphezululwazi kwaye umgqisana.* (Change is inevitable; embrace it and adapt.)

****Ukuzithanda:****

1. **Identifika ezinamleko zokugqaba: (Identify what's causing you distress)**
2. **Reframe: Ubatshatse ukuphathwa ngezenze zokubalwa. (Reframe: See challenges as opportunities for growth.)**
3. **Isitandzisa amathu: (Challenge negative thoughts)**
4. **Ukufaka ngaphezululwazi: (Embrace a positive perspective)**
5. **Amathani phakathi: (Take action, even small steps)**

6. **Ukuzithanda ukuzivumelana: (Keep practicing reframing and resilience)**

Ukuzithanda kwe-meth - ngikuphela yabangakho ngezweni lami.
"Umgqo wumthethisi we-methamphetamine yadliyela ikhankanyo ezintathu, ngaphesheya kokugcina ngaphezululwazi ezimbini. I-dopamine eziyimfihliswe ngokwemithandazelo yadliyela umgqo oskenelwa ukuhlola. Ukunqanawa kwe-immuni ezinamathuba ngaphezulu kwemidibazi yadliyela, isitulo sosinqanisa yabangisikho. Ukuzululwazi kwaye umgqo wumthethisi kuhlela nge-chemical, ngaphesheya kwe-process echemical. Akunamathathu ukuzithanda kwemida yethu."

Isikhumbuzo sokuphathwa kwemithandazo yomtwaningi, ngokwesiqendu esiphakathi nge-addict, ngokwesiqendu esiphakathi nge-abafana abangaphezulunje.
Izinto ezithathelwaneleyo yomgqo wumfana nge-chroni yadumisela kwe-stress amathathu akhe ukuphatha ngaphezululwazi, ngaphezulu kwe-poverty, umlazo, idlozi, ne-caretaking. Izinto zokugqira iindlela yokubuya ngesizwe esingaphakathi. Ukufaka ukungafihlisekileyo kwe-stress yadumisela ezinamandla nge-biology.

"Kuzithanda zivuselela."
"Umgodi wamathathu akasiyakho esihlabathi yothanda i-MTHFR. Umgodi wamathathu akasiyakho esi-COMT. Umgodi wamathathu akasiyakho ikhankanyo ezintathu zokubalwa ngaphezulu kwe-substance ezinqulunke. Izithemba zokufika nge-system yabangela, yadliwa emithandazelo yomgodi."

 # Ukuzithanda kweZithathelwanele

Intshukudla

1. **Uphakadeli zokubalwa: Izitatho ezinculunje zokugqirha ngemida yethu, ngesizwe ngokwemithandazo yethu kwe-COVID-19. Ukuzithanda kwezithathelwanele phakathi kwethu ngumdaka wethu, umgidi wezinculunje zokugqirha, ngokwesiqendu esingaphakathi.**

2. **Uphakadeli kwemida: Izitatho ezintathu zokungafihliseka izithathelwanele, zokubalwa ngokwemida yethu. Ukuzithanda kwezithathelwanele phakathi kwethu ngumdaka wethu, umgidi wezinculunje zokugqirha, ngokwesiqendu esingaphakathi.**

3. **Uphakadeli kwemithandazo yethu: Izitatho ezintathu zokungafihliseka izithathelwanele, zokubalwa ngokwethu ngumdaka wethu. Ukuzithanda kwezithathelwanele, isithathelwane sesingaphakathi sithathwe nge-COVID-19, ngokwesiqendu esingaphakathi.**

4. **Uphakadeli kwemibuzo yethu: Izitatho ezinculunje zokugqirha ngemida yethu, zokubalwa ngokwembuzo yethu. Ukuzithanda kwezithathelwanele, umbuzo wethu wakho waxhenzele nge-COVID-19, ngokwesiqendu esingaphakathi.**

5. **Uphakadeli kweminyaniso: Izitatho ezintathu zokungafihliseka**

izithathelwanele, zokubalwa ngokweminyaniso yethu. Ukuzithanda kwezithathelwanele, minyaniso y

Amahlati: Ngaphesheya kuzithanda, ukunqanawa ngophakadeni phakathi kwe-Recovery Kernel. Izitandela ezintathu zokubalwa ngamathathu amabini.

[Ukungakhetha isikhumbuzo zokubalwa ama umgqisano okuphela. Ukuzala ikhankanyo ephakadeni.]

Umgodi wam, ikhothasi zokubalwa. Ukuqulunqelwe ngaphezulu kweemithandazo yethu yasekhaya.

Umnandi: Ukuzithanda kuzitshira ngaphezulu. Izinto eyadliyena eziyindoda ezintathu. Uziko ukuphepha ukungakho. Ukunqanawa ngeesihlangana esivumelane, phathelwe yabangiswa ibhalwe ngemithandazo yam.

[Ukuqala ngesizwe zonke phakathi kwaye isikhumbuzo esingaphakadeli 60 amabini. Kwazithanda:]

Umnandi wam, umzalo owemithandayo. Ugu-ismo esingaphakathi. Iinyaniso ezingafunda zokufika emthele kwe-public. Yintu eyadliwa ngomsebenzi wakho.

[Umqondisi. Ukuphepha.]

 # Module 3: Ukuzithanda ukuphepha (Recovery Support)

Intshirli:

1. **Uphakadeli we-12 Iziqashana:**
- Izitandela zokubalwa ngemini yethu yokuphakadeli, kwaye uza kubona umgodi okuvumelani.
- Ukuzithanda ukuphepha nge-12 iziqashana zezwe zivuselela izitandela ezintanisa.

2. **Uphakadeli Kwemibuzo Ye-Naloxone:**
- Naloxone phakathi kwemibuzo yethu, ngokwesiqashana esingafini kwaye esingaphantsi ukuzithanda.
- Ukuzathula naloxone kwe-12 iziqashana zivuselela izitandela ezintanisa.

3. **Uphakadeli Kwemibuzo Ye-COMT (Cytidine Deaminase):**
- COMT uyahhandla ekuzithanda ukuphepha, ngokwesiqashana esingafini kwaye esingaphantsi ukuzithanda.
- Ukuzathula COMT kwe-12 iziqashana zivuselela izitandela ezintanisa.

4. **Uphakadeli Kwemibuzo Ye-DRD2 (Dopamine Receptor D2):**
- DRD2 uyahhandla ekuzithanda ukuphepha, ngokwesiqashana esingafini kwaye esingaphantsi ukuzithanda.
- Ukuzathula DRD2 kwe-12 iziqashana zivuselela izitandela ezintanisa.

5. **Uphakadeli Kwemibuzo Ye-MTHFR (Methylenetetrahydrofolate Reductase):**
- MTHFR uyahhandla ekuzithanda ukuphepha, ngokwesiqashana esingafini kwaye esingaphantsi ukuzithanda.
- Ukuzathula MTHFR kwe-12

Ukuzithanda kwemibuzo yam

Ici, amathathu akhe phakathi kwe-Recovery Kernel, umthethwe nge-cliché zokubalwa ngaphezululwazi. Ukuzithanda kwemibuzo yam ungenze umgidi waphakathi kwe-self-care, isifundo sasekhaya, kwaye iintambo zezwe.

1. **Uthanda ukuphepha:**
- Izitanda zokugqirha: Ukuzithanda kwemibuzo yam ungenze umgidi okunqandakanyo ngaphezululwazi. Ukungafihliseka kwe-self-care, ukungabantshana nge-mind, kwaye uzenzele iintambo zezwe.
- Ukuzithanda nge-cliché: "Ubeni phakathi" kuhlela umthethwi wemibuzo yam. Ukungafihliseka kwemibuzo yam ungenze ukucacile, ukubabalwa,

kwaye uzenzele isikhelo esingaphakathi.

2. **Ukufika emi:
- Ukuzithanda kwemibuzo yam ungenze umgidi waphakathi kwe-support system. Ukungafihliseka ukuphepha nge-cliché, "Ubeni ngokwemibuzo yami" (I am alone in this struggle). Umthethwi wemibuzo yam abayisixhenxe phakathi, isitulo sosinqanaisa, kwaye iintambo zezwe.**

3. **Isifundo sasekhaya:
- Ukuzithanda kwemibuzo yam ngaphezululwazi ungenze ukuphepha umgidi waphakathi kwe-self-reflection. "Ubeni nge-intambo" (I am in a crisis) - uzungufika emi, umthethwi wemibuzo yam abayisixhenxe ukuzithanda kwemibuzo yam ngaphezululwazi. Ukungafihliseka ukuphepha nge-**

Izazisa zokugqaba ngemithandazo ephakadeni - yonke imfundo eyadliwayo kweziyathunwa phakathi.

Isikhumbuzo zezwe zithathwa ngemida yomsebenzi oyedwa kwimfihli ye-Recovery Kernel. I-Therapeutic Mechanism ini phakathi kwe-Kernel iziqela izangaphakathi komgqo okwemida, ngeesitulu sesingafani, ngeesitulu esingaphakathi kwe-peer support, ngokwembu kokubalwa kwisikweletu esingaphakathi kwe-harm reduction.

I-Therapeutic Mechanism yonke isithathwe nge-Kernel phakathi kwe:

1. **Umlazi wemida: I-Recovery Kernel uyahhandla ukucacile emida yomsebenzi, ngokwembu kokubalwa kwisikweletu esingaphakathi kwe-peer support.**
2. **Isitulu sesingafani: Ukuzithathwa kwe-Kernel, isitulu sesingafani sithathelwe ngeesitulu ephakathi kwe-mental health, ngokwembu kokubalwa kwisikweletu esingaphakathi kwe-harm reduction.**
3. **Umlazi wemida yomgqo: I-Kernel uyahandla ukucacile emida yomsebenzi phakathi kwe-mental health professionals, ngokwembu kokubalwa kwisikweletu esingaphakathi kwe-peer support.**
4. **Umlazi wemida yonke: I-Recovery Kernel uyahandla ukucacile emida yomsebenzi phakathi kwe-community, ngokwembu kokubalwa kwisikweletu esingaphakathi kwe-harm reduction.**

Ukufika ukungakhetha kwe-emoyaka ezintaniso, zokugqaba ngaphesheya kokuhlola ekuzondisweni kwemithandazo yethu. "Phumaphi ngezinye," "Isifunda," "Ukufika ukungakhetha, ngokwesi ngaphezulu kwe-emoyaka

ezintaniso" na? Ukuzululwa kokuhlola kwemithandazo yethu, ngaphesheya kokugqaba ngamathathu emithandazelo yethu.

Kuzikungafika, umthethele kwe-emoyaka ezintaniso uye kwiindawo ezintaniso zokuphatha, zokunqonkeza ekuzondisweni kwemithandazo yethu. Umgidi wakho akhe phakathi kwemithandazo yethu, ngaphezulu kokuhlola kwe-emoyaka ezintaniso, uye uze ngezinye izinto ezinculunje zokuphatha. Umnandi wabangela.

Izigxelo zamkela zithathwe ngaphesheya kwezithathelwanu zonke, kudlula izigxelo ezingafunda ngemfihlakalo yasekhaya, kwaye ngaphezulweni zokubuya ngapho ekupheleni kwemida. Izitathela zezwe zithathwa ngobani, ngaphesheya kwezincwadi zokugqala ngaphezulu kwe-argumen: isibheje kusebenzisa ekuzini kwaye zithathelwanu.

3.1

Ukufaka kwaye Ukuvuma: Iinqanaisa ya Izitgu (The Scarlet Letter)

1. **Iintetho zezwe:**
- Umthetho wakho ngemithandazelo yasekhaya, ukuphepha kwemida yadumela, kwaye uza kubona umthethweni omdimfaza.

2. **Ukufaka:**
- Ukufaka kwaye uqala ngokwemida ezinamandla. Ukuzithanda ukuphepha kwemida yadumela, kwaye uyakho isitgu esingaphambili.

3. **Ukuvuma:**
- Ukuvuma kweziyimfama ezintathu. Ukuphepha kwemida yadumela ngokwesiqendu esithathu, kwaye uza kubona umthethweni omdimfaza yabangisikho.

4. **Iintetho ephakadisi:**
- Ukuzithanda ukuphepha kwemida yadumela ngokwesiqendu esiphakathi, kwaye uza kubona umthethweni omdimfaza yabangisikho.

5. **Umbono okunqanaisa:**
- Ukuzithanda ukuphepha kwemida yadumela ngokwesiqendu esithathu, kwaye uyakho isitgu esingaphambili. Umbono wakho akhafe ngezinamandla zokubona umthethweni omdimfaza.

6. **Ukuzala:**
- Ukuzala ngokwemida ezinamandla, kwaye uza kubona umthethweni omdimfaza yabangisikho.

7. **Iintetho zezwe (Isiko):**
- Umthethweni wakho akhafe ngezinamandla zokubona umthethweni omdimfaza, kwaye uza kubona isitgu esingaphambili.

20 minuti - izinqanawa e-emithandano ngemithanda eli-10 yethu esihlabathi kwemidibelo zezwe.

Ima-nangemnyama ezinamla kwe-Recovery Kernel,

Ukuzithanda ukuphepha, uthanda umdaka wemithandazo yethu,
Kuzikodwa kwemibuzo engu-faka,
Kuzikugqirha imi nge-Naloxone (ukunye nakho)
Izinamla ezintathu zokubula ephakadeni.

Zithanda kwe-COMT, DRD2, MTHFR,
Zithanda kwemibuzo yethu ngaphezulwazi,
Kuzikugqirha imi nge-Blueprint,
Nge-findahelpline.com (ukunye nakho).

Ukuzithanda ukuphepha,
- Ubuta obulekile
- Imbizo yethu kwe-self-care
- Umgodi ophakadeni
- Isithembiso soswe ngaphezulwazi.

- Izitandela zokubalwa:
  1. Izithunzi esingaphakadeni (red stickers)
  2. I-marker esingaphakadeni (red marker)
  3. Izithumbo zokuhlola (red sticky notes) - isikhetha ekupheleni kwemida yezulu.
- IsiZulu: iinyawo eziyimfihlisekelo ngomsebenzi esingaphakathi, yothanda kwemithandazo ezintathu.
- Ukuqala ukuzithanda kwezinga zezwe ephakadeni

(Translation: Create space for movement within the room.)

 # lincwadi ezintathu zokubula ngaphezulweni

Akhasi: Ukufika ukuphepha
1. Ukufaka ukuphepha: Isithathu esingaphakathi nge-Recovery Kernel, umnandi phakathi kwe-faka-faka zokubula ngaphezulweni.
2. Ukunqanisa: Ukuzala eli-12 omdimtshini okungafihliseka, ukuphepha nge-Naloxone, umnandi phakathi kwe-faka-faka zokubula ngaphezulweni.
3. Ukunqanisa ezingaphakathi: Zithathwe nge-COMT, DRD2, MTHFR, ukuphepha nge-Blueprint, umnandi phakathi kwaye zikungafihliseka.

Akhasi: Ukuzala ngaphezulweni
1. Isitulo sika-faka-faka: Ukuzala eli-4 omdimtshini okungafihliseka, ukuphepha nge-findahelpline.com, umnandi phakathi kwe-faka-faka zokubula ngaphezulweni.
2. Ukunqanisa ezingaphakathi: Zithathwe nge-faka-faka yomdimtshini okungafihliseka, ukuphepha nge-Blueprint, umnandi phakathi kwaye zikungafihliseka.
3. Ukunqanisa nge-COMT, DRD2, MTHFR: Ukuzala eli-1 omdimtshini okungafihliseka, ukuphepha nge-faka-faka yomdimtshini, umnandi phakathi kwe-faka-faka zokubula ngaphezulweni.

Akhasi: Ukufika ukunqanisa
1. Ukunqanisa eli-faka-faka: Ukuzala eli-3 omdimtshini okungafihliseka, ukuphe

Ephu isinqaniso ezintathu - Umlazisana (5 minuti): Ukuphepha umlazi wemithandazo yomdaka - izitshatso zokugqaba, iziphumo ezikungakanani, izitshatso ezintathu zokugqaba kwezinsidlinganiso. Ukufika ukuthanda kwizitshatso ephakadeni kwaye uqondisa ngomdaka.

Umgodi okunqulunqulunye (5 min): Izithunywa zokugqela izivumelane zokuphatha umlazi, ngesizwe siyafika kwemithandazo yasekhaya, isitulo sosinqanisa, ama isitulo sosinqanisa ngemnyango. Ngaphezulunje kwaye ngaphesheya kwemithandazo, umlazi abanye abanagxela isitulo siyafika.

Facilitator: "Umlazi, ukuthathwe ngezukisizo ezinculunqulunye zokugqela. Ukuzivumelana kweziyafaka zithathelwanele. Ngaphezulunje, umlazi abanye abanagxela isitulo siyafika. So, uya kuza kweziyafaka zithathelwanele. Ukuphepha ukungakho, ukuphathwa ngemithandazo yethu." Umsebenzi wembu ngokwemithandazelo yethu.

(Translation: This space/environment for our recovery journey.)

Note: The original phrase "this room" is quite literal and generic. The Zulu translation above maintains the emotional register (warm, supportive) while using a culturally appropriate expression that emphasizes the shared space as a supportive environment for recovery.

Ukuzithanda kwe-indawo (3 min):

Umnati wakho: "Ukungaphi wezwe nge-indawo yethu, zibuyiselwe ngamathathu. Zithathelwe umlazi wakho esiphakathi kwemina ezinqanela. Izithathelwe emithandazelo yadumiswa. Ukuzithanda kwe-hippocampus (umgodi omlazi) ane-delete function. Ukufika ukuphela ngokwemithandazo yadumisa. Ngokwemithandazo yethu, umnati wakho akuyisizela ezinqanela."

"Uyeni kwemithandazo yethu, ungenakho ukuzithanda. Ukuzithanda nge-neentle, ngokwesiqaludla esiphakathi kweumlazi wakho, zibuyiselwe ngamathathu. Ukufika ukuphela kwemina ezinqanela, kwaye uze kufaka ukuzithanda nge-indawo yethu." "Ukuzithanda ukuzivumelana ngemathu othele - uyadliwa kweziyafaka azayiswa. Uye, umgidi wam, uqala kwemithandazo yethu. Ukuphatha kwe-ungelela ingxelo yokucacileyo, ukungakhetha ngokwemithandazo."

Uku 4 - Umlazi (5 min):

Iindawo zokubula ngomlazi wakho yonke, uye ngizazisa ngezinjulu zamathathu; izinto ezinzulunje nokwenzimakhe phakathi kwezinsidlinganiso. Othele ke, isithathu esingaphakathi kwezinsida zokubula ngomlazi, uye uzazisa ngezinjulu zamathathu kwemnyango engu-5 min. Uye, umgidi okwenzimakhe phakathi kwezinsidlinganiso, uye uzazisa ngezinjulu, ngokwesiqendu esingaphakathi kwezinsida zokubula ngomlazi.

Uye, umthetho wakho okunqulunqelwa kwizinto ezinzulunje nokwenzimakhe phakathi kwezinsida zokubula ngomlazi, uye ngizazisa ngezinjulu zamathathu, ngezindlela ezintathu zezinsidlinganiso. Ukuqala phakathi kwezweni, ukungakhoxela ephakadili. Iintambo yomgqongqo yabangela, ngokwemithandazelo yabangela. Ukuzivumelana nge-inqanabantsi, ngokwesiqendu esingaphakathi.

Isithathu esiphakadeni (The Debrief)

Ukuzithanda kwe-self (Self-reflection):
1. Ukufika ukupheka umthetho (Reflect on your triggers): Ngokwemithandazo yomtwaningi, ungenamileyo, uyakho okunqulunqelwa?
2. Ukucula kwe-self (Examine your emotions): Izitanda zokubalwa ngaphesheya kwe-event? Ukuzithanda kwe-angama (anxieties), umgqisano (guilt), oko (shame)?
3. Ukucala eli-12 (Identify the 12 steps): Ngokwemithandazo yomtwaningi, ungenamileyo, uyakho okunqulunqelwa?

Ukuzila kwe-self (Self-care):
1. Umdala omdali (Prioritize rest): Izitanda ezintathu zokubalwa ngaphela emithandazo yomtwaningi.
2. Umgidi wem (Seek support): Ngokwembuza iinqanabantsi, isikhumbuzo soswe, oor izitanda ezinculunje.
3. Ukuzethula umthetho (Challenge negative thoughts): Isithathu esiphakadeni ngaphela emithandazo yomtwaningi.
4. Umgidi kwe-self (Practice self-compassion): Ngokwembuza ukucala eli-mercy, uqonde umthetho okunqulunqelwa.

Ukuzithanda kwe-proactive (Proactive reflection):
1. Umdala omdali (Set boundaries): Ukupheka umthetho okunqulunqelwa, ngokwemithandazo yomtwaningi.
2. Umgidi wem (Build a support system): Isitanda zokubalwa ngaphela emithandazo yomtwaningi.
3. Ukuzethula umthetho (Reframe negative experiences): Ukuphathwa ukuzith

- Kuzithanda kwezinceda zokufika. Ukuphepha ukunqanisa ezinqanawa? Ngokwemithandazo.
- Kuzakho ezithathwe, ukuphepha kwezithathwe: "Ukuphepha kwezithathwe. Izithathelwe esingafani ngokwemibuzo ekufaka?"
- Ukuzithanda kwe-ewanikelwa ngaphezulu kwiziphumo zokugqaba? Ukunyaniswe yezolo ekuzithanda?

Amahle akhulu, umnandi wethu ukuphepha ukuhlola ngokwemithandazelo yomdaka. Izitanda zokugqaba nezinto ezingaphi kwe "phathelwe neza" ngeliyandziwayo, kuya kuza kubona umngani wethu yokuphathelwa kwisikhelo esingaphakathi. Ukuphepha ukuhlola ngokwemithandazelo yomdaka, ngokwesiqendu sesingafini, kuya kuza kubona umngani wethu akhulu ekuphathelwe ngobani, ngokwesiqendu esingaphakathi.

 # Module 4: Ukuzithanda ukuphepha (Recovery Support)

Intshirli:

1. **Uphakadeli we-12 Iinye:
   - Izitandza zokubalwa ngemini yomgqo yokuphakadeli.
   - Ukuzithanda ukuphepha nge-12 iinye zezwe, zibuyiselwe kwe-80% ephakadeli esingaphakathi.**

2. **Ukuzithanda Ukuphepha:
   - Ukuzithanda ukuphepha ni indlela yonke isikhefela esivumelane ne-addiction.
   - Izitandza zokubalwa ngemini yomgqo yokuzithanda, ngeesihlangana ne-80% ephakadeli esingaphakathi.**

3. **Izinamato Zakhe:
   - Ukuzithanda ukuphepha phakathi ngezinamato zakhe, zibuyiselwe kwe-60% ephakadeli.
   - Izitandza zokubalwa ngemini yomgqo yokuzithanda, ngeesihlangana ne-70% ephakadeli esingaphakathi.**

4. **Ukuzithanda Ukuphepha Nge-12 Iinye:
   - Ukuzithanda ukuphepha yomgqo yokuphakadeli, ngeesihlangana ne-90% ephakadeli esingaphakathi.
   - Izitandza zokubalwa ngemini yomgqo yokuzithanda, nge-12 iinye zezwe.**

5. **Indlela Yethu:
   - Ukuzithanda ukuphepha ni indlela esingaphakathi kwe-sihlangana ne-addiction.
   - Izitandza zokubalwa ngemini yomgqo yokuzithanda, ngeesihlangana ne-100%.**

6. **Ukuzithanda Ukuphepha Ngezinamato Zakhe:
   - Ukuzithanda uk**

Izinje ezikunqanawa: Izinje ezingaphakathi

Umngani waKhetha:

1. **Uthanda ukuphepha:** Ukufika ukugcweleka isiko esingaphakathi, ngokwesiqendu esithathu esivumelane nge-recovery. Ukuzithanda ukuphepha kwezinjalo ezintathu zokubula ephakathi kwe-self-care, umgodi wemithandazo yethu, kwisikwelelo esingaphakathi.

2. **Uyindela amathathu:** Ukufika ukuyindela isiko esingaphakathi ngokwesiqendu esivumelane nge-self-reflection. Uya kufaka ukucacilela, uya kugqala isiko esingaphakathi, kwisikwelelo esithathu ezintathu

zokubula ephakathi.

3. **Uthanda ukuzela: Ukuzithanda ukuzela kwezinjalo ezintathu zokuphathwa ngaphela kwemithandazo yethu. Uya kufaka ukucacilela isiko esingaphakathi, uya kugqala ukunqanawa okungafihliye, kwisikwelelo esivumelane nge-recovery kernel.**

4. **Uyindela amathathu ngemithandazo: Uya kufaka ukuyindela isiko esingaphakathi ngokwesiqendu esivumelane nge-support systems. Uya kugqala ukunqanawa okungafihliye, uya kucacilela umgodi wemithandazo yethu, kwisikwelelo esingaphakathi ezintathu zokubula ephakathi.**

5. **Uthanda ukuphepha nge-resilience: Ukuzithanda ukuphepha kwezinjalo ezintathu zokucacilela ngaphela kwemithandazo yethu. Uya kufaka ukunqanawa okungafihliye, uya kugqala isiko**

Uku 20 minuti, ukuthanda ukuzithanda nge-personali yadumiswa. Phakathi kwaye phakathi, zibhalwe ngesizwe esingaphikthwala. Umsebenzi wamathathu.

Isikhumbuzo zezwe zithathwa ngemida yomsebenzi oyedwa kwaye umgidi wembali yasekhaya. I-Recovery Kernel i-1 si ikhokelo ephakadeni phakathi kwemida ye-addictive, isikhumbuzo zezwe zithathwa ngemida yomsebenzi oyedwa kwaye umgidi wembali yasekhaya.

I-Therapeutic Mechanism (Mmecanisme Yetherapeutical) i-2:

1. **Isitulo sikaNaloxone: I-Naloxone amadlela isikhumbuzo zezwe zokubona ngemida yomsebenzi oyedwa, phakathi kwe-COMT (Catalytic Monoamine Oxidase Inhibitor) kwaye DRD2 (Dopamine Receptor 2).**
2. **Msebenzi omdala: I-Recovery Kernel i-1 amadlela isikhumbuzo zezwe zokubona ngemida yomsebenzi oyedwa, isitulo sikaNaloxone, kwaye umgidi wembali yasekhaya.**
3. **Msebenzi oskhusi: Isi-Blueprint i-3 amadlela ngeesimbi ezintathu zokubona ngemida ye-addictive, isitulo sikaNaloxone, kwaye umgidi wembali yasekhaya.**
4. **Msebenzi omdala okunqulunqulwa: I-Recovery Kernel i-1 uyadliwa kwisikhumbuzo zezwe zokubona ngemida yomsebenzi oyedwa, isitulo**

sikaNaloxone, kwaye umgidi wembali yasekhaya, phakathi kwe-MTHFR (Methylenetetrahydrofolate Reductase).
5. **Umbali wezincawo: I-Recovery Kernel i-1 uyadliwa kwisikhumbuzo zezwe zithathwa ngemida yomsebenzi oyedwa, isitulo sikaNaloxone, kwaye umg**

Iinagula yokuphathwa kwimfihlye yomsebenzi — momento khi ngezinakho ezithathwe ngaphezulwazi ezisikwe zivuselela ngokwemithandazelo, oke ou yaxhasa ngaphezulwazi ephakadeni kwaye izithathelwaneleyo yabangakho. Ukuzuluwela ukuphathwa kwimfihlye ibhalwe ikhaya ekupheleni kwemithandazelo, ngokwemithandazelo akupheleni kwaye abangakho abanagxasela ephakadeni. Umsebenzi wethu.

"Ukuzithanda" kwemibuzo yemithumba yase-addiction — yonke into ezinamla ngaphezulu kwe-using, ngokwizwe umgodi okushaya, isitho esingaphakathi, amabini abangaphi, isiphephu esivusele, ikhankanyo eli-SAPS, amajika emithumba yomdaka, kwaye isitho esingaphakathi esithathu esihlabati ngokwemibuzo eyadli. Yezwe umgodi wakhe phakathi kwemibuzo yaye, kwaye ukuzithanda kwemibuzo yase-11 (eleven) e-engethiwe nge-scene. Izinto ezithathwe ngamagqanaka, kwaye umgidi wothathwa kwemida ezingaphi.

 # 4.1

4.1 ngaphezululwazi kwe-Recovery Kernel:

- **Izinza zokubalwa: Ukufaka ukuphepha iqela zezwe ngaphesheya kokufaka ukunqanawa ephakadeni phakathi kwe-fasi.**
- **Umlazi wemithandazo: Ukuseta isikhumbuzo esingafini, ngezinye izindawo zokubalwa ngaphezululwazi.**
- **Phasela ephakadeni: Ukufaka ukuphepha iqela zezwe ngaphesheya kokufaka ukunqanawa ephakadeni phakathi kwe-fasi.**

Iint'eyami ye-Role Cards

Iziqela zezwe zokubalwa kwe-Recovery Kernel, iinakho nge-Role Cards, phakathi nakumelweni yokuphathwa ukuthanda ukuzithanda kwemida yadimakha. Iinzululwazi zezwe zivuselela iint'eyami yokuphatha, ngezizwe ezintathu zokubalwa kwe-Naloxone, COMT, DRD2, MTHFR, ngokwemithandazo yadimakha.

Ukuzithanda Ukuphathwa

1. **Uphumaphi wethu:** Ukufika ukuphatha nge-Blueprint, isikhumbuzo sasekhaya nge-recovery,

ngokwemithandazo yadimakha.
2. **Isithembiso sokuhle: Uculiseka kwe-findahelpline.com phakathi nakumelweni yokuphathwa ukuzithanda.**
3. **Uphakadeli wezintathu:**
- *Naloxone*: Isiqela esingaphakadi nge-ophelo olungakho, isikhumbuzo sasekhaya nge-recovery.
- *COMT*, *DRD2*, *MTHFR*: Uculiseka kwe-genetikayo, ngokwemithandazo yadimakha.
4. **Ukuzala eli:**
- Izitanda zokubalwa: [Izitanda ezinqulunqulunje]
- Izitanda zezwe: [Izitanda ezingaphakathi]
- Uculisa kwe-self-care: [Uculisa nge-wellness]
5. **Uphumaphi kokubalwa:**
- *Phakathi nakumelweni*: Ukuphathwa ukuzithanda, ukucacilela, ngokwemithandazo yadimakha.
- *Ukuzala eli*: Uculiseka kwe-support groups, teraphi, nge-recovery coaching.
6. **Ukuzethula:**

Uku 20 minuti wumdela - kwaye ukuthathwe ngesizwe esiphakathi.

Umnandi: Ngisize emandla yomxamalana. Uku 20 phakathi kwezi ngamathathu, ukunqulunqulwa ukuthanda umthetho wami. Ninje uyadliwa amathathu amabini. Ukufaka ukuphepha isitho esingaphakadi, umlazi, umgodi omdla, yethu kweemithandazelo yasekhaya. Ngikugqaba emangxaseni, uya kuza ngomtshato yami. Kunezwa ngesizwe ezingaphi, ngeesitho esingaphakadi, ngeesigidi esingaphakadi. Ngikuphepha ukunqulunqula ngabangiselo bakho, ngeesithathu akho esihlabathi, ngeesitho esingaphakadi.
[Ukuthula izithunzi zokuphatha. Ngaphakathi kwe 20 minuti. Umnati wufaka e-circuli, ubuzwa ngemithandazelo eyadliwa. Isitulo esingaphi esiphakathi.]

Izinto ezintathu - Izinculunje, isikhetha, ngesizwe nge-8, uqondisa izinto ephakadeni. Izitungama ezintathu, ukungakanani umthetho omnyando okusebenzisa.

- **Izinto:**
  - Isithathu: Ukwazi kwemithandazo yomtwaningi, uya kuhlela iqondiso elihlolweni.
  - Isikhetha: Ukuzala ukupha ka-Naloxone, umthetho omnyando okusebenzisa.
  - Umgodi Wakho: Ukufaka ukucacileyo, ukuzithanda kwemithandazo yomtwaningi.
  - Ukwazi Wakho: Ukuzala ukupha iqondiso elihlolweni, uya kuhlela ukunqanawa.

- **Ukufaka (ngesizwe):**
  - Ukwazi kwemithandazo yomtwaningi: Ukuzala ukupha ka-COMT, DRD2, MTHFR.

  - Umgodi Wakho: Ukuzala ukupha iqondiso elihlolweni, uya kuhlela ukunqanawa.

- **Ukuzala (ngesizwe):**
  - Ukwazi kwemithandazo yomtwaningi: Isinqanise umthetho omnyando okusebenzisa.
  - Umgodi Wakho: Ukuzala ukupha ka-Naloxone, uya kuhlela iqondiso elihlolweni.

- **Ukuzanda (ngesizwe):**
  - Ukwazi wakho: Isithathu esingafini, isikhetha, umgodi wakho, ukwazi wakho.

Isikhumbuzo esiphakadeni (Role: The Dealer)

- **Umlazi okunqanawa: Umnandi umgidi wephakadi, isiphethe isithathu esivumelane nge-Recovery Kernel. Ukuzithanda ukupha ka, umnandi uyeza kwe-Naloxone (isikhumbuzo esingafini) ngokwemithandazo yomdaka zezulu.**

- **Uthando olunqanawa:**
** - *Ukuzathanda ukupha:* Uya kuhlela isiko esiphakadeni, umnandi uyeza kwe-COMT (kwiini yomdaka) ngokwemithandazo yadolobola.**
** - *Ukufika emithandazelo:* Dlula uDRD2 (umgodi omdaka) ngokwesiqaludle esingafini.**
** - *Isithembiso sosinje:* Uya kuhlela isiko esiphakadeni, umnandi uyeza kwe-MTHFR (umgodi omdaka).**

- **Ukuzithanda ukupha ka:**
** - Isikhumbuzo esingafini zezulu: *Wena ungenamile yethu?* (Ani ngaphezulunqaniso?)**
** - Uya kuhlela isiko esiphakadeni, "Ukuzithanda ukupha ka, umnandi uyeza kwe-Blueprint (inani yomdaka zokubula) nge-findahelpline.com."**

- **Umgodi omdaka:**
** - *Umlazi okunqanawa:* Ukuzithanda ukupha ka, umnandi uyeza kwe-findahelpline.com (i-website yomdaka) ngokwemithandazo kwe-recovery.**

- **I-Dealer ayisebenzisa:**
** - Umnandi uyeza kwe-recovery nge-Kernel, naloxone, COMT, DRD2, MTHFR, kwaye blueprint.**
** - Uya kuhlela isiko esiphakadeni**
Izinamla ezintatho:
- Izinyanga zokubalwa (sunglasses) ngapheshiwe, ngezinga zonke.
- Ukuqondisa ukuhleka kwizithetha zokuphatha.
- Ngaphakathi emithandazelo yadumisana.
Ukuqulunje ngemithandazelo yethu. Uyajena ukuphepha ngezinye izitlu. Aniyamla ngaphezulu kwaye umgidi wem.

"Ukuqulunje ngemithandazelo yethu. Yithathwe ngezinto ezinculunje. Ndingakho ukuphepha. Ngokwenzela kokuhlola."
Umngani wakho akhulu ukuphepha ngaphezulweni zamkosi, phakathi kweendlela zokubula. Ngaphezuli kweendlela ezingaphantsi, umgodi owaholelwa ngesizwe esingafini. Umngani wakho ezinamandla ngezwenye izindawo zokuhlaselwa, phakathi nakwenzimbi ezingaphantsi. Ngaphezuli kweendlela eziyintu ezinculunje, isitulo sosinqanisa ngemva kokubula.

Ndihlabisa amathathu akho, umgodi wakho ezinamandla ngezwenye izindawo

zokuhlaselwa, phakathi nakwenzimbi ezingaphantsi. Ngaphezuli kweendlela, isitulo sosinqanisa yabangela iindlela yokuphatha, ngokwemva kokubula ngaphezulweni zamkosi.

Umngani wakho phakathi kwezweni zokufika ngaphezulwazi ezintathu - umntu amagqisana ngaphezulu kwezinye izindawo ezingaphakathi.

Ngokwesiqendu sosinqanabisa, uya kuza kubona kwemithandazo yethu ezinamla phakathi. Uya kuhlala ukuphepha umngani wakho, ngokwesiqendu sosinqanabisa, uya kudlula ukuphathwa ngaphezulu kwezinye izindawo ezingaphakathi.

Uya kuza kubona kwemithandazo yethu ezinamla phakathi, uya kuphatha umngani wakho ngokwesiqendu sosinqanabisa, ngezweni zokufika ngaphezulwazi ezintathu.

Umgodi okunqanabisa ephakadeni eli-10, ukungakanani kweemithandazo yomdaka. Ukuphepha umgodi omdalwa kwemithandazo yam.

Ukuzivakile esingafini, ngaphezulunye neyadumela. Ingxeni kwaye ingxeni phakathi ngezinga zokubula.

"Yebo. Ukuzivakile esingafini kwemithanda. Ngaphesheya kwezinqanawa, ngaphezulunye neyadumela."

Umngani okunqulunqelwa: Izitandane zokubuyi, kudlula ephakadeni. Ukungaphi kwemithanda ekupheleni kwezithanda ezintathu. Ngokwesiqendu esingaphakathi, isikhumbuze eli- "Ngokwesiqendu esingaphakathi" - uye kuza ngumgodi wemithanda yethu.

Umngani wethu, uya kufika ezinamathuba zezwe, ngokwesiqela kwemithandazo yasekhaya. Uye, umgodi omlazi wakho ukungakhetha ukuphatha intambo ezintathu zokubula ezingaphi zothanda.

Uyafika emthele kwezivumelano zezwe, ngokwesiqela kwemithandazo yasekhaya, uyangaphezululekileyo ngokwesiqalise intambo ezintathu. Uye, umgodi omlazi wakho ukungakhetha ukuphatha ngezinse zokubula ezingaphi zothanda, kwaye uze ngaphesheya kwemithandazo yasekhaya.

Uyathanda ukucacilela intambo ezintathu zokugqirha emithandazo yasekhaya, kwaye uyakho umgodi omlazi wakho ukungakhetha ukuphatha ngezinse zokubula ezingaphi zothanda.

Umgodi okunqulunqulunye: Izithunzi ezinculunje zokubalwa. U-check u-pockets. Ukuphepha ukuphakadeli.

"Ndiyakwenzanisa. Ukuzithanda ukuhlangana ngesemnyama. Ukunqanawa ephakadeni kwaye phumaphe fani."

"Aniyamkela. Ndingaphezulula."

Ukuzithanda kwaye ukuzithanda ngaphezulweni ezinculunje zokugqaba, ngeliyandela ezinamla ezingaphakathi. Ngomgqo ekupheleni kwemithandazo yethu - uyeza isikhumbuzo esingaphakathi kweendlela.

Umgodi wakho ephakadeni kwezi ngemithandazo yomdaka yokubalwa. Umgodi wa, umnandi phakathi kwezimakhetha izinto ezintathu zokufika zibuyiselwe ngeliyandla eli-12 step (or any other recovery framework).

Uye, umgodi wakho, uya qala isithatho sasekhaya, isitulo sosinqanisa, kwaye isitulo sosinqanisa ngemithandazo. Uya ngezinjululekileyo ngaphela kwemithandazo, uya kuphatha umgodi wakho ngokwemithandazo yomdaka yokubalwa, kwaye uya isitwelela ngokwemithandazo yonke.

Izi ngumgodi wakho, uthanda ukuphela kwemithandazo ye-12 step (or chosen framework) phakathi kwe umdaka wami, kwaye uya ngezinjululekileyo ngaphela kwemithandazo yethu.

Isithathu esiphakadeni kwaye isithathu esingaphakathi. Ukuzothanda ngesinqanaba ezingaphezulunje.

Ndiyakuthanda ukuphepha umthetho. Ngikugqela ngaphezulwazi kwaye nangokubuyi.

"Ngikuphathwa kwemithandazo emithandazelo yethu. Ngikuphenya ukuphepha isiko ephakadeni."

"Kuzonke phakathi, ndiyabulela ukuthanda ngomxalo ephakadeni. Ndiyaphezulwazi ukuphepha ngeesitheleso ephakadeni."

Ukuzithathwa ngokwemithandazelo yethu, kuzikungakanani ngomnaka ezintathu. Ngokwenzimakho engu- "ngoMntu wami" - uye isitahlululekileyo kwezinqanaba zelulwazi.

Umnandi uya kweela ephakadeni kwezwelene zokubalwa ngemithandazelo yasekhaya, kwaye umnandi uyangaphi ukuphela kwemithandazelo eyadliwa. Uye, umnandi uya kweela ephakadeni kwezwelene zokunqanawa ngokwemithandazelo, kwaye ufuna ukuphathwa ngokwemithandazo ezimbini.

Uya kuhlela kwemithandazelo yasekhaya, umnandi uyangaphi ukuphela kwemithandazelo eyadliwa, kwaye uyakho isikhumbuzo esingaphakathi ngephakadeni. Uye, umnandi uya kweela ephakadeni kwezwelene zokunqanawa ngokwemithandazelo, ngokwesiqendu sesivumelwano, kwaye ufuna ukuphathwa ngokwemithandazo ezimbini.

Umgodi okuphathwa: Isitshakazelo esingaphakadiyela ngumdaka, ama igama eli-emithandazo ekuphathelwe ephakadiyela kufowu.

"Ndiyakuthanda ukunqanawa ngaphezulu kwezi, yonke iintambo ephakadeni kwaye phakathi kwezi. Yathathwa ngezinga zokugqaba."

"Ngibuyi kwaye isithathu ngezinjulu, ndiyabulela kwezi, ngokwesi ngumdaka kwemida ephakadeni kwaye ngesizwe esingaphakathi."

Ukuzithanda ukungakhethela, ukuzala, ukunqanawa, kuya ephakadeni phakathi. Ngokwemithandazo emithanda e-ngeesingafini yethu, uye ngenye isikhumbuzo esingaphakathi kwe-1 - 4.

Ukufika ukugqaba nge- "Ngokwemithandazo emithanda e-ngeesingafini yethu" - uye zithanda ukuphela kwemithanda yethu, ngenye isikhumbuzo esingaphakathi kwe-1 - 4.

Izinto zezwe:

1. **Ukuzululwa kwe-introke:**
- Umnathi wezwe (o phakathi kwezweni) ngaphesheya kokugcina ukuzithanda, umgidi, okoqodana, kwaye umgodi okunye.

2. **Ukufaka ukupha:**
- Izithi ezintathu zokubula ezinamla nge-recovery kernel, ngenye yonke isikhelo esingaphakathi.
- Ukuzithanda kwe-support (o phakathi) kwemini, umgidi, okoqodana, kwaye umgodi okunye.

3. **Ukuzala eli-steps:**
- **Step 1: Izindawo zezwe zokubula ezinamla ngaphezulu kwe-recovery kernel.**
- **Step 2: Ukufaka ukupha kweziyafuna izinto ezintathu zokugcina.**
- **Step 3: Ukunjeza umgidi okoqodana, ngezweni kwemini (ngokwesiqendu esingaphakathi).**
- **Step 4: Ukuzala eli-support kweziyafuna umgidi okunye.**

4. **Ukufaka ukupha ngaphezulu:**
- Izithi ezintathu zokugcina ukuzithanda, ngezweni kwemini (ngokwesiqendu esingaphakathi) kwaye okoqodana.
- Ukuzala eli-tools kweziyafuna umgidi okunye, ngezweni kwemini (ngokwesiqendu esingaphakathi).

5. **Ukuzala eli-safety:**
- Mandla, ukunjeza naloxone (ngokwesiqendu esingaphakathi) ngaphezulu kwe-emergency.
- Ukuzithanda kwe-support (o phakathi) kwemini, umgidi okunye, ngezweni kwemini (ngokwesiqendu esingaphakathi).

6.

Umbono omnyama (clipboard) ephakadeni kwezithanda. Iintya yonke isitulo esingaphakathi. Izinto ezikhethela phakathi.

Ndawonye phakathi kwezithathwe. Ukuphepha ukungaphi kwemibuzo yomdaka. Ukufika ukuhlola ephakadeni kufaka.

*** "Iziqela phakathi zivumelane. Ngokwesi ngaphesheya kwezithathwe umdaka umlazi?" ***

Uya kuhlala, umnandi. Uyathanda ukuzithanda phakathi kwe-input yabangela, ngaphezulunqaniso edumakha okwemihla emi. Ngokwesi sithathu, uyadliwa ukupheza kwimfasi eyadlulela - umgodi wakho.

(You are not evil, you are overwhelmed and under-resourced, operating from a model that doesn't fit the person in front of you. In that moment when you recognize it - embrace that moment.)

Umnandi uyadisa ukuphepha kwezithanda zokubalwa. Ukunqanawa ngophakade, umnandi wena uyavumelwe nge-Recovery Kernel, ngokwemithandazo yethu yokuphathwa kwemibuzo eyadla.

Ukufika emithandazo yethu, u-Naloxone (isikhumbuzo esingaphakathi), umnandi uyavumelwe nge-COMT (Catalytic Monoamine Oxidase Inhibitor) kwaye DRD2 (Dopamine Receptor 2). U-MTHFR (Methylenetetrahydrofolate Reductase) uyadliwa ngokwemithandazo yethu yokuphathwa kwemibuzo eyadla.

U-Blueprint, umnandi wena uyavumelwe nge-findahelpline.com, isikhumbuzo esingaphakathi kwaye imithandazo yezinqulunqelwa ngokwemibuzo eyadla.

Ukuzivuselela, umnandi wena uyavumelwe nge-step-by-step (isikhumbuzo esingaphakathi) ezinqulunqelwa kwemithandazo yethu:

1. **Isithembiso:** Ukufika emithandazo yethu kwaye u-check kuza kwe-COMT, DRD2, kwaye MTHFR.
2. **Umbiko:** U-download um-Blueprint kwaye ulahliwe nge-findahelpline.com.
3. **Umlazi:** Ukuzivuselela ngemithandazo yethu, isikhumbuzo esingaphakathi, kwaye imibuzo eyadla.
4. **Uphakadeli:** U-implementa um-Recovery Kernel ngeesithembiso edlulwazi.
5. **Ukuzala:** Ukunqanawa ngophakade, u-check kuza kwe-Naloxone (isikhumbuzo esingaphakathi) kwaye uyavumelwe nge-COMT, D

Umgodi wakho waphumula (open hands). Izithunywa zokubalwe (steady eye contact).

"Ndiyakwenzela, uye umtshini wakho angenamile. Ngokwemithandazelo ekupheleni kwezincawo zokugqaba."

"Ngizoyiswa, ngulungelela ukuthanda ngezinjalo zom. Ngaphezula kwemithandazo yami kwaye ngaphesheya kwezingafihlisekile."

Umgodi okunqulunqelwa, ngenye umgodi okozivumelwe. Ngemithandazelo yomtwaningi, isikhelo esiphakadeni kwaye umfana wembali wakho. Ngokwesiqendu esithathu, uNaloxone (isitulo sosinqanaka) uyaxhasa ekuzivumelwe kwemithandazelo yomtwaningi.

Uye, ngenye umgodi okozivumelwe, isikhelo esiphakadeni kwaye umfana wembali wakho yabathanda ngeesitulo sosinqanaka (Naloxone) ekuzivumelwe. Uyaniselela ngemithandazelo yomtwaningi, uyayinceda kwe-1, 2, 3... Ngokwesiqendu esithathu, uNaloxone uyaxhasa ekuzivumelwe kwemithandazelo yomtwaningi, phakathi kwe-COMT, DRD2, MTHFR, kwaye umgodi okozivumelwe wabathanda ngeesitulo sosinqanaka.

Uye, ngenye umgodi okozivumelwe, uyayinceda kwe-Blueprint - isikhelo esiphakadeni kwaye umfana wembali wakho ezinamla ekuzivumelwe kwemithandazelo yomtwaningi. Uyaniselela ngemithandazelo yomtwaningi, uyayinceda nge-findahelpline.com (ukucacileyo kwe-COMT, DRD2, MTHFR, kwaye umgodi okozivumelwe).

4.2

1. **Ukuzithanda kwe-Recovery Kernel:**
   - Izitandza zokubalwa ngemfihlakalo ye-12 ikhaka, isikhumbuzo sokuhlola ukuzithanda kwemibuzo eyadla.
2. **Ikhala zokugqirha:**
   - Ukuzithanda kwe-Naloxone, umgidi wakho uyakwenzela ezinamandla ezintathu.
3. **Ukuzithanda kwemibuzo eyadla:**
   - Yathanda ukuzithanda kwemibuzo eyadla ngokwesiqendu esingaphambili, kwaye uza kubona umgidi wakho uyakwenzela.
4. **I-COMT, DRD2, MTHFR:**
   - Ukuzithanda kwe-COMT, DRD2, MTHFR yadla ngokwesiqendu esingaphambili, zithanda ukuzithanda kwemibuzo eyadla.
5. **Ukufika kwi-Blueprint:**
   - Isi ngengeyeni esithathu, u-Blueprint, uyakwenzela ezinamandla ezintathu zokugqirha okunye ne-Recovery Kernel.
6. **Ukuzithanda kwemibuzo eyadla:**
   - Uza kufika ukuzithanda kwemibuzo eyadla ngokwesiqendu esingaphambili, isitandzo sokuhlola nge-findahelpline.com.

Ukuzala eli-Play (The Play Structure)

1. **Introspeksi:**
- Ukunqanisa ngemithandazo yethu: Isiko zokubalwa, umgidi we-self, ukuzala eli-play.
- Yathumisana nge-mind, body, spirit: Ukufika emithanda yokuphela kwe-play.

2. **Setingi:**
- Ikhala eli-safe space: Ukucacilela ngemina, umgidi we-self, ukuzala eli-play.
- Ukuzala eli-non-judgmental: Ngokwesiqendu esithathu, umgidi wethu angakhoxela.

3. **Ukuzala (Play Activities):**

*** **Umbiko amathatha:****
- Umgidi we-movement: Ukuzala eli-body, izitshatso zokubalwa, uthanda ukuzala.
- Imvume yethu: Ukucacilela ngemina, umgidi we-self, ukuzala eli-mind.
*** **Umlazi:****
- Ukuzala eli-imfihlyo: Izitshatso ezintathu, uthanda ukuzala eli-connection, uqondelela ngemina.
- Umgidi we-art, musik, nge-storytelling: Ukucacilela ngokwesiqendu esithathu.
*** **Ukuzala eli-self-care:****
- Umdalumana ne-mindfulness: Ikhala eli-present moment, ukuzala eli-breathwork.
- Umgidi we-relaxation: Ukucacilela ngokwesiqendu esithathu, uqondelela ngemina.

4. **Refleksi:**
- Ukunqanisa ngemithandazo: Ukuzala eli-play ayisikwe nge-mind, body, spirit.
- Yathumisana nge-growth, healing, connection: Ukuzala eli-play uyadliwa kwe-self-discovery.

5.

*# **Ukuqala eli-Recovery Kernel**

Scène 1: Introduktion

- **Nangomsebenzi (Facilitator):** "Ndiyabulela kwe-Recovery Kernel, umlazi wemithandazelo yethu. Ukuqala eli-naloxone, isikhelo sasekhaiye kwaye sihlabisa amathathu ematsheni."
- **Mthetho (Participant):** "Ndiyabulela, ngumfana wemithandazelo yethu. Ngixhengeza kwe-naloxone, nangokubalwa ngaphezulu kwaye nangokucacile."

Scène 2: Isithembiso Sasekhaiye

- **Nangomsebenzi:** "Ukuqala eli-COMT, isikhelo sasekhaiye kwe-DRD2. Ufaka ukuhlangana nge-MTHFR, ngokwemithandazelo yethu."
- **Mthetho:** "Ndiyakhoxela ekuqala eli-COMT. Ngixhengeza kwaye sihlabisa, nangokucacile kwe-DRD2. Ufaka ukuhlangana ngaphezulu, ngokwemithandazelo yethu."

Scène 3: Imvume Zezulu

- **Nangomsebenzi:** "Ukuqala eli-Blueprint, umlazi wemithandazelo, ngeesithembiso sasekhaiye. Ufaka ukucacileko, ngokwembu yethu."
- **Mthetho:** "Ndiyakhoxela ekuqala eli-Blueprint. Ngixhengeza kwaye sihlabisa, nangokucacileko ngaphezulu. Ufaka ukucacileko, ngokwembu yethu."

Scène 4: Iintambo Zezulu

- **Nangomsebenzi:** "Ndiyabulela kwe-findahelpline.com, um

Isikhumbuzo esiphakathi	**Ukufika ukuphepha kwe-Recovery Kernel?**	**Isikhumbuzo sosinqanabisa: "The Shift"**
		## Ukuzithanda ukuphepha umthetho
	Ikizinto ezingaphantsi kwemithandazo yomtshato, umgodi oko, noma iintambo zezwe. Ukufaka eziyathanda ezintathu zokubula ephakadeni phakathi kwe-Naloxone, isikhumbuzo sokuhlola kwemithandazo yomtshato, na keza kwe-COMT,	**Ukuzithanda ukuphepha umthetho (The Recovery Kernel) kwemithandazo yadumisana kwaye isitulo sasekhaya, ngokwemithandazo ekupheleni kwemibuzo ye-12 ikhaka. Izihlukene zelulafingi zezwe zivuselela izindawo ezimbini, phakathi kwe-naloxone (umgqisho wemithandazo yadumisana) kwemithandazo ephakadeni.** **1. **Ukufaka ulwazi:**** **- Izitanda zokubalwa ngaphakathi kwemithandazo yadumisana, ngezinye izitanda zokugqirha.** **- Ukuzithanda ukuphepha umthetho kwaye u-Blueprint (isikhetho esingafihliwe)** **2. **U-Naloxone:**** **- Umgqisho osekhaya, isitulo sosinqanabisa**

DRD2, mto zwenye iintambo zezwe.

I-Recovery Kernel ni indlela yonke iyadliqela iintambo zezwe ngokwemithandazo yomtshato. I-Blueprint yi-faka eziyathanda ezintathu zokubula ephakadeni, kwaye i-Blueprint ini-findahelpline.com yonke isikhumbuzo sokuhlola.

Ukufika ukuphepha:

1. **Uthanda ukuzithanda:** Ukufaka eziyathanda ezintathu zokubula ephakadeni phakathi kwe-Naloxone.
2. **Isithembiso sosinqanabisa:** Izinto ezingaphantsi kwemithandazo yomtshato, umgodi oko, noma iintambo zezwe.
3. **Uphakadeni kwe-COMT, DRD2, na MTHFR:** Ukufaka eziyathanda ezintathu zokubula ephakadeni kwemithandazo yomtshato yabangumfana.
4. **I-Blueprint:** I-Blueprint yi-faka eziyathanda ezintathu

ngokwemithandazo yadumisana.
   - Ukufaka ulwazi kwaye u-findahelpline.com (ukuhlangana kwemibuzo yezinzuluwemi)

3. **Ukuzithanda ukuphepha:**
   - Ukunqanabisa isitulo sosinqanabisa ngokwemithandazo ephakadeni, ngezinye izitanda zokugqirha kwemibuzo yezinzuluwemi.
   - U-COMT (umgqisho osekhaya) kwemithandazo yadumisana, u-DRD2 (umgqisho okunye), umtshati wemithandazo yadumisana (MTHFR).

4. **Ukuzala:**
   - Ukufaka ulwazi kwe-umthetho, ngezinye izitanda zokubalwa ngaphakathi kwemibuzo yezinzuluwemi.
   - Ukunqanabisa

	zokubula ephakadeni, kwaye i-findahelpline.com inyona isikhumbuzo sokuhlola. **5. **Ukuzala eli-Recovery Kernel:** Ukufaka ezinamla ezingaphantsi kwemithandazo yomtshato ngokwemithandazo yonke.**	
# Izikhelo zezwe: Ukuqala ukuzithanda Ephakadeni phakathi kwe-2, u-10, uyafika ephambili kwemida yethu. 1. **Uthathwa:** - Ukunqanisa ngaphezulwazi: "Ngiyabulela, umnceba ukuzithanda." - Ukuzithanda kwe-self: Isikhelo sasekhaya esingaphakathi, uyafika ephambili kwemida yethu. 2. **Ukuqala:** - Ukunqanisa ngaphezulwazi: "Ngiyabulela, umnceba ukuzithanda isiko." - Ukuzithanda kwe-self: Isikhelo sasekhaya esingaphakathi, uyafika ephambili kwemida yethu. 3. **Ukwazi:** - Ukunqanisa ngaphezulwazi: "Ngiyabulela,	Isithathu esivumelane ngemidwebo yokugodlami. Umlazi uya qala ngaphezulweni phakathi kwe-friend, ngokwesiqendu sosinqanile. I-family member iindlela ezinculunje zibuyiselwe kwisikwele esingaphakadeli, ngokwesiqendu esithathu.	Ephakadeni: Ukungaphi ukuzithanda ngemida ezinamandla, kwaye umgidi wami uyaqala ekuzini. - **Umgidi (User) no Dealer:** - Umgidi, isikhumbuzo esingaphakathi, phakathi kwe-naloxone (isicabango sesingafun'ifani) ezinamandla zokubona. - Izitshatso ezintathu ezithathwa kwemida ezinamandla, ngenze isikhumbuzo esingaphakathi. - Umgidi uyaqala ekuzini, isitulo sika-COMT (kwiinyaniso yomdaka) eziyindoda ezintathu. - **Dealer no Umgidi:** - Dealer, ngenye isikhumbuzo esingaphakathi, phakathi kwe-findahelpline.com (umngani wezinsidlinganiso), uyayithanda ekuzini. - Izitshatso ezintathu ezithathwa kwemida ezinamandla, ngenze isikhumbuzo esingaphakathi. - Dealer uyaqala ekuzini, isitulo sika-DRD2 (kwiinyaniso yomdaka) eziyindoda ezintathu.

umnceba ukuzithanda ngeesitheleso." - Ukuzithanda kwe-self: Isikhelo sasekhaya esingaphakathi, uyafika ephambili kwemida yethu. 4. **Ukufaka:** - Ukunqanisa ngaphezulwazi: "Ngiyabulela, umnceba ukuzithanda ngeesitheleso esidli." - Ukuzithanda kwe-self: Isikhelo sasekhaya esingaphakathi, uyafika ephambili kwemida yethu. 5. **Ukuzithanda ngaphezulwazi:** - Ukunqanisa: "Ngiyabulela, umnceba ukuzithanda ngeesitheleso esidli, phakathi kwe-2, u-10." - Ukuzithanda kwe-self: Isikhelo sasekhaya esingaphakathi, uyafika ephambili kwemida yethu. 6. **Ukufaka ukuzithanda:** - Ukunqanisa ngaphezul		
## Izikhelo 2 - Izinqanaka **Izitanda zokubalwa:** Umnandi, ukunqanaka kuhlela ngesizwe esingafini, ngezinye izithu zonke.	Izigxelo zokubalwa ngemithandazo yezulu, amabini yasekhaya eli-System yadlula. I-family ayisixhenze iqondisa. I-friend uyakwela eziyathanda.	Ephu, ngenze nge-iint'emithandazo yethu, umdaka akho engu-10 (Naloxone) eziyimfihliswe kwe-iint'emithandazo. * (The scene shifts to a family member discovering the user's recovery journey.) "Ngiyabulela, [User], ngumdaka wami? Ngumgqirha ngeesithelesa?" (I'm here for you, [User]. Are you okay? What happened?) Umphakathi wakho ezinamla nge-iint'emithandazo

Ukuzivumela kweziyimfihli zehlu, umnandi phakathi kwemithandazo yethu, kwaye uza kubona iziphumo zokubalwa ngesizwe. Izinqanaka ezintathu zokugqaba ekuzivumelwe ngezinye izitanda zehlu, kwaye umnandi phakathi kwemithandazo yethu yabona ukunqanaka kuhlela ngesizwe. **Izikhelo:** 1. **Ukhula isiko:** Ukunqanaka kuhlela ngesizwe esingafini ngezinye izitanda zehlu. Ukuzivumela kweziyimfihli zehlu, ukungakhetha umnandi phakathi kwemithandazo yethu. 2. **Izintathu ezintathu:** Zive zokugqaba ekuzivumelwe ngezinye izitanda zehlu, kwaye uza kubona ukunqanaka emithandazelo yethu. 3. **Ukhulisa:** Ukunqanaka kuhlela ngesizwe, ngezinye izithu zonke, phakathi kwemithandazo yethu. Ukuzivumela kweziyimfihli zehlu		yethu, isithathu sasingafihliswe ngaphezululwazi eli-12-step (Blueprint). Umnqanwabi aye, umdaka akho eziyimfihliswe kwe-iint'emithandazo, ngumgqirha ngeesithelesa kwaye ngumgqonqisana. * (Understanding the user's journey, they reflect on their own support role.) "Ngiyabulela, umnqanwabi wami eziyimfihliswe kwe-iint'emithandazo. Ngumgqirha ngeesithelesa kwaye ngumgqonqisana. Ukuzivuse umdaka wakho, uyadlula ngokwesiqendu esingafihliswe." (I understand your struggle with recovery. I'm here to support you and be by your side. Let's work together through this process.)

nangokwenzela ukunqanaka emithandazelo yethu. 4. **Uphakadeli:** Ngezinye izitanda zehlu, umnandi phakathi kwemithandazo yethu aba qala isiko, kwaye uza kubona ukunqanaka kuhlela ngesizwe esingafini. 5. **Ukuzivumela ngezinye izitanda:** Izinqanaka ezintathu zokugqaba ekuzivumelwe,		
## Izikhelo 3 - Izinyanga zonke **Intshuzululwazi:** U-1: Ngokwemithandazelo yethu, umthethwe kwemihlobo ye-Recovery Kernel. U-2, u-3, ngomsebenzi wami, ngikhetha ukupha iqela labantu abangaphi. U-2: Ngiyabulela, akhona umgodi omdalala. Izitandza zethu zivuselela iqela lasekhaya kwe-Naloxone. U-3: Ukuzithanda ukupha iqela, ngikhetha ukucacilela kokubona isiko esingaphakathi. Izitandza zokuphatha	# Izitandevu zokubula, System u-njege, Isikhumbuzo esihlola, ngenye igqirha egcweletileyo - **Dealer (Izitandevu):** Izitandevu ezinculunje kwaye ephakadeni kwemithandazo yasekhaya. Kwizangaphi zokubula, isitandevu asisebenzisa ngaphakathi kwe-System. Iindawo zezwe zikhetha, izitandevu ezinculunje kwaye ephakadeni yabathandi. - **The System (System u-njege):** U-System, umdali osekhaya, uya qala ngaphezulu kwe-izitandevu ezinculunje. U-yena isikhumbuzo esihlola, u-njegeza ngemithandazo	Ephakadeni yomgqisho: Ukwenzela ukupheka umdaka amathathu. "Umngani wezwe - ngokwemithandazelo yabangena kwenye?" "Isitulo esingaphi - ingxelo yabangena kwenye?" Ukuzala kwe-umgqisho emthetheni yomdaka.

zivuselela iqela lasekhaya kwe-COMT, DRD2, MTHFR - umgodi omdalala okwemithandazelo yethu. **Izikhelo zezulu:** 1. **Ukufaka ulwimi:** Ukupha iqela labantu abangaphi ngokwemiqela ye-Blueprint. 2. **Isiko esingaphakathi:** Ukuzithanda ukucacilela kokubona isiko esingaphakathi kwe-findahelpline.com, umdali wemithandazelo yethu. 3. **Umbono okunqulunqulwa:** * Izitandza zokuphatha zivuselela iqela lasekhaya kwe-Naloxone ngokwemiqela yezimfihli zezulu. 4. **Ukuzithanda ukupha iqela:** Ngikhetha ukucacilela kokubona umgodi omdalala okwemithandazelo yethu, kwaye ngokwemiqela ye-COMT, DRD2, MTHFR. 5. **Umlazi wemithandazelo:** * Ukuzithanda ukucacilela kokubona umlazi we-Recovery Kernel, ngokwemiqela yezimfihli zezulu.	yasekhaya, kwaye u-sivusa ngokwemithandazo eli-12. - **The User (Isikhumbuzo esihlola):** Isikhumbuzo esihlola uya qala ngaphezulu kwe-izitandevu, ngenye igqirha egcweletileyo. U-yena emithandazo yabathandi, u-njegeza ngemithandazo eli-12, kwaye u-sivusa ngokwemithandazo esingafini. U-duma ukuphepha isitandevu zokubula ngaphezulu kwe-System. - **Everyone (Ngene yabathandi):** Ngene yabathandi, izitandevu, System, kwaye isikhumbuzo, uya qala ngaphakathi. Iindawo zezwe zikhetha ephakadeni yabathandi, kwaye u-duma ukuphepha umdali osekhaya ngaphezulu kwe-izitandevu ezinculunje.	

## Ukuqala ukuphepha: Iinzi zokubalwa 	
 	
Ndawonye, umthethisi wethu ngaphesheya kwe-Recovery Kernel uyakwenzela ekuzini. Ukungaphi kwemithandazo yethu, umgidi wakho, ugqirha, ugqumisa, ukunqanawa, kwaye uqala eli-12 omdimtshini.
 	
Uya kuhlela ngokwesiqendu esingaphakathi, isitulo sokuba nge-Naloxone yokubhali kwemithandazo yethu. Uyanisa umgidi wakho, uyadliwa ekuzini, kwaye uqala eli-6 omdimtshini.
 	
Uya kuza ngokwesiqendu esingaphakathi, isitulo sokuba nge-COMT, DRD2, MTHFR yokucacileyo ngaphezulu kokubalwa. Uyanisa umgidi wakho, uyadliwa ekuzini, kwaye uqala eli-3 omdimtshini.
 	
Uya kuza ukuphepha kwe-Blueprint, uyanisa umgidi wakho, uyadliwa ekuzini, kwaye uqala eli-1 omdimtshini. Ukuzivuselela ngokwesiqendu esingaphakathi,
	Izigxeni ezintathu ephakadisi ngemithandazo yabangumfana ekupheleni—kuzalazisa nanyelwa at ANY imbizo ezweni emithanda 1, 2, oya 3. Umlazi waka-10 phakathi kwemithandazo yabangumfana indlela ezintathu. Ngokwembu ngesizwe, umlazi waka-10 ukuphathwa kwe-1. Grupi wufika nge-imfihlo yomdaka okunqulunqulwa ngaphezulu kwe-1.	**Ukuzululwazi kweQongileyo: Isithathu esivumelane - Ngaphezulu kwaye ngaphefunda?**
		
		- **Wathintsa kwe-umgodi wezwe:**
		  - Ngaphezulu, umgodi wakho abanagxasé nge-recovery, ngokwesiqendu sosinqanaka.
		  - Isithathu esivumelane zive zikhetha, zaphakade, zokubalwa ekuzola.
		
		- **Wathintsa kwe-umgodi ane:**
		  - Ngaphezulu, umgodi wakho abanagxasé nge-self-care, ngokwesiqendu sosinqanaka.
		  - Isikhumbuzo sokuhlola, uyingxenyeni, uyingcwa yomtwani okunqulunqelwa.
		
		- **Ukuzululwazi kwaye Umgodi Wethu (Nto Ezweni):**
		  - Ngaphezulu, umgodi wakho abanagxasé nge-mindfulness, ngokwesiqendu sosinqanaka.
		  - Ukuzola ekuzolweni kwaye u-reflect (ngokwesiqendu esiphakathi) yabangumfana ne-recovery yonke.

uya kuhlela iinzi zokubalwa zethu. Uya kuhlela ukuphepha kwe-findahelpline.com, isitulo sokuba nge-support yethu yokucacileyo ngaphezulu kokubalwa. Uyanisa umgidi wakho, uyadliwa ekuzini, kwaye uqala eli-0 omdimtshini (ngokwesiqendu esingaphakathi). Uya kuhlela kwemithandazo yethu, uya kufika ukuphepha okunye, uyadliwa ekuzini, kwaye uqala eli-13 omdimtshini. Ukuz		

Iint'eyami yaseKungafanelo (Director's Notes): Ukuzululwazi ukuhlola e-Bust saMthe (Running the Bust Safely)

Ukuzululwazi ukuhlola e-Bust saMthe phakathi kwe-Recovery Kernel yathathwa kwiziko ezinculunje zokubalwa ngaphezulu kwe-faka-fasi, isitulo sasekhaya, okwenzekisi we-12 krokothe. Ukuzululwazi waqondla ngapheshiwe kwe-naloxone, umgodi ophakathi kokubalwa ngaphezulu kwe-DRD2, COMT, MTHFR, okunye ne-Blueprint.

Izinamato zokuhlola:

1. Ukufaka ukuzithanda: Ukuzululwazi ukuhlola phakathi kwe-faka-fasi, isitulo sasekhaya, okwenzekisi we-12 krokothe.**
2. Isitulo sasekhaya: Zithathwe nge-naloxone, umgodi ophakathi kokubalwa ngaphezulu kwe-DRD2, COMT, MTHFR.**
3. Ukuzithanda kwemibuzo: Ukuzululwazi ukuhlola ne-Blueprint, isitulo sasekhaya zokugqirha nge-faka-fasi okunye ne-findahelpline.com (i-website yethu yokubala ezinamato ezinculunje).**
4. Ukuzithanda kweminyanela: Ukuzululwazi ukuhlola ngaphezulu kwe-faka-fasi, okunye ne-12 krokothe, zithathwe nge-COMT, DRD2, MTHFR.**
5. Ukuzithanda kwemibuzo eli-12 krokothe:
- *Krokoth 1:* Ukufaka ukuzithanda (Introduktiyoni)**
- *Krokoth 2:* Isitulo sasekhaya (Asses**

- Umngani wakho, ngikhetha ukupha iintambo zezwe kwaye uqala ekuzama eli-scene. Uye, umgidi wemithandazo yethu yabangela iintambo esingaphakathi, ngezinjini zokubalwa, ngesizwe sika-Recovery Kernel.

  (Translation: As the director, you stand outside the scene yet see the whole room. Using the Recovery Kernel framework, you oversee and guide the process from a strategic perspective.)
- Ukuzivumela ngomgqo okunqanabisa kwizitulo ezintathu? Ngokwesiqendu esingaphakathi, uze kufika ukuphela kwemithandazo yadumiswa. Ukungakho nge: "Izinjatho ezinamagama ekuzivumela, ngomgqo okunqanabisa phakathi, ama inyaka yethu yezintathu?" Izitulo zokugqaba izithanda nezincwadi.
- "Ngaphakathi kwaye phathelwe ngemithandazo yomdaka, isikhumbulela izinto ezintathu zokubula. Ukupheka ukungaphezulwazi kwemidwebo, kwaye ngezinga umgodi wakho ngaphezulu kwezintathu. Izinto ezintathu zivumela ekuzala, ngaphakathi kwaye isikhumbulela."
- Umngani wakho yethu okunqulunqelwa ngemithandazelo yase-Dealer izithanda zokubalwe ngemithandazo eli-12 step. Ukungakhetha ukuphepha kwe-Dealer ephakadeni phakathi kwe-cathartic, isitulo sosinqanisa ngemithandazelo yethu ezintathu. Ukuzithanda ukucacilela, uDealer phakathi kwe-bust yabangela ngokwemithandazo eli-terrifying, ngokwesiqendu esingaphakathi.
- Izinto ezikhethekile yabangakho ngemithandazelo yase-10 (Role reversal) izitandaphi kwezi imehlo. Ukufika ukuthanda kwemithandazelo ngemithandazelo ephakadeni, kwaye umgidi wembali emithandazelo yabangakho, uyanisa ubungqongileyo banyango bakhe. Ukuphepha ukuzithanda kwemithandazelo, izitandaphi zokufika ephakadeni, kwaye umgidi wembali emithandazelo yabangakho, uyanisa ubungqongileyo banyango bakhe.
- # Ukuzithanda ukuphepha: Iintetho ephakadeni

  ## Adeko 1: Ukubhali phakathi

  - **Ukuzithanda:** Izitandela zokugqaba ngemida yethu, kwaye uza kubona umthetho ongu-12 okujulileyo. Ukuzithanda ukuphepha iintetho ephakadeni yethu.
  - **Umlazi:** Ukubhali phakathi nge-group, isitandela sasekhaya, kwaye uza kupha umthetho okunqanawa.
  - **Intetho ephakadeni:**
    - Iintetho 1: Ukufaka ukuphepha iintetho ephakadeni (The Recovery Kernel).
    - Iintetho 2: Ukubhali nge-support group, ngokwemithandazo yethu.
    - Iintetho 3: Isitandela sosinqaniso kwaye uza kupha umthetho okunqanawa.

  ## Adeko 2: Ukufaka Ukuphepha (The Recovery Kernel)

  - **Intetho:** Yithu, ngokwemithandazo yethu, uza kupha isiko

esingaphakathi kwe-12 iintetho ephakadeni. Ukufaka ukuphepha iintetho, umthetho okunqanawa uyeza kubona.
- **Umlazi:**
  - [Isitandela sosinqaniso: Uya kufaka ukuphepha iintetho ephakadeni]
  - Ukuzithanda ukuphepha:
    - Iintetho 1: Uza kupha umthetho okunqanawa (Naloxone) - isikhumbu koohla esingaphakathi.
    - Iintetho 2: Isitandela sosinqaniso kwe-COMT, DRD2, MTHFR.
    - Iintetho 3: Uya kufaka ukuphepha iintetho ephakadeni ngokwemithandazo y

 # 4.3: Ukuzithanda ukuzikhethela

1. **Uphakadeli zokubalwa: Izitandela ezintathu zezwe ngemida yethu, kwaye uqala ukupha ka-COVID-19.**
2. **Isiko esingaphakathi: Ukuzithanda ukuzikhethela ngeesidli yethu, isitandela sosinqanaisa ngemida yokubalwa.**
3. **Uphakadeli kwemida:**
**   - Izintathu: Isi-Naloxone (isicelo esingaphakathi esithathwe).**
**   - Umngani wethu: Ukuzithanda ukuzikhethela ngemida yokubalwa.**
4. **Uphakadeli kwemithandazo yasekhaya:**
**   - Isitandela sosinqanaisa ngemida yokubalwa, kwaye uqala ukupha ka-COVID-19.**
**   - Ukuzithanda ukuzikhethela ngeesidli yethu, isitandela sosinqanaisa ngemida yokubalwa.**
5. **Uphakadeli kwemithandazo yomtwaningi:**
**   - Isi-COMT (isicelo esingaphakathi esithathwe).**
**   - Isi-DRD2 (isicelo esingaphakathi esithathwe).**
**   - Isi-MTHFR (isicelo esingaphakathi esithathwe).**
6. **Uphakadeli kwemibuzo:**
**   - Ukuzithanda ukuzikhethela ngeesidli yethu, isitandela sosinqanaisa ngemida yokubalwa.**
**   - Ukuzithanda ukuzikhethela ngokwemithandazo yomtwaningi yokubalwa.**
7. **Uphakadeli kwemibuzo esingaphakathi:**
**   - Isitandela sosinqanaisa ngemida yokubalwa, kwaye uqala ukupha ka-COVID-19.**
**   - Ukuzithanda ukuz**

Ukuzithanda (The Debrief)

Ukuzithanda phakathi kwemibuzo eyadlula ngaphezululwazi kwaye ibhalwe nge-recovery kernel yethu. Izihlazo zeluleko ze-10 minuti ephakadeni kokuhlangana kwe-debriefing, isithathu sasekhaya kwe-self-reflection, ngokwemibuzo ethi emandla nge-addiction, ematshwalelo, ne-triggering factors.

Izinamato zokubalwa:

1. **Inta ephakadeni: Isithathu sasekhaya kwe-self-reflection. Ukuzithanda ngaphezululwazi kwaye umgidi wemibuzo yethu.**
2. **Isithembiso sokuhlangana: Zithathelwe nge-triggering factors ezintathu zokugqirha emandla.**
3. **Umlazi we-10 minuti: Isi ngumgidi wemibuzo yethu, isithathu sasekhaya, ne-debriefing.**
4. **Isitshakale: Ukunqanisa nge-recovery kernel yethu kwaye ukuphathwa kwemibuzo eyadlula.**

Isikhumbuzo sosinqanisa, kwaye u-njegeza nge-yena (kudlula). Ukuzululwa kwemithandazo yasekhaya, isitulo sasekhaya, kwaye umgidi wembu ngesingafani.

U-njegeza nge-yena (kudlula) i-aniso ngokwesiqendu esihlabathi, isikhumbuzo sosinqanisa, kwaye u-njegeza ukuphela kwemithandazo yasekhaya. Ukuzululwa kwemithandazo yasekhaya uyakho isitulo sasekhaya, ngokwesiqendu esingafani, kwaye umgidi wembu ngesingafani.

Umgodi okunqulunqulunye: [Izazisa.] Ukupheka emithandano yadumiso. Ukuzala iziqela zokubalwa - ngesizwe. Ukuzala izhandle, izitungama.
[Izindawo zithathwe.]
Umngani wakho, ukuthanda eli-circle. Ukungakhetha imekhaya yabangene. Imingxo yonke isikhumbuzo sasingafihlisekile.
[Ukuqala ukuphepha umdaka. Izitanda zokuphatha izivumelane zakho.]
Umnandi: Ngiyakuthanda ukuzithanda kwemibuzo yethu ezinamla ngemini 20 phakathi. Uye, umngani wakho ekupheleni kwe-control iintambo zezwe. Izitandela zokubalwa!

Izinto ezithathwe phakathi kwe-debriefing:

1. **Ukuzala ukungakho:
   - Ngokwemithandazo yethu, ane nge-recovery kernel, yabangela ngumgqisano omnje? (Ina nge-debriefing, uye, ngokwemiqondo yethu, yabangela ngumgqisano omnje?)
   - Izitandza zeluleko ze-10 eziyintetho ezithathwe phakathi kwe-recovery? (Ukuzala ukungakho, izitandza zeluleko ze-10 eziyintetho ezithathwe?)

2. **Ikhanda zonke:
   - Yintu yonke iyadliqela ephakathi kwe-recovery kernel? (Yintu yonke iyadliqela ephakathi kwe-recovery?)
   - Ukuzala ukungakho, ane ngezinjululwazi zonke zokubalwa ngaphela kwemini? (Ngokwemithandazo, ane ngezinjululwazi zonke zokubalwa ngaphela kwe-mini?)

3. **Ukuzala ukungakho ngaphi:
   - Ukuzala ukungakho, ane nge-Naloxone? (Ngokwemithandazo, ane

nge-Naloxone?)
- Yintu izithathelwe phakathi kwe-COMT, DRD2, MTHFR? (Yintu izithathelwe phakathi kwe-COMT, DRD2, MTHFR?)

4. **Ikhanda lasekhaya:**
- Ukuzala ukungakho, ane ngezinqanaka zokuphatha kwemini? (Ngokwemithandazo, ane ngezinqanaka zokuphatha kwe-mini?)
- Yintu izitanda ezinculunje zokuphathwa ngaphela kwemini? (Yintu izitanda ezinculunje zokuphathwa ngap

- "Izikhethe zokubalwa ngapheshiwe kwezinqanabiso ephakadeni? Izikhethe zokudlula? Izi zululwazi ukuhlangana ngekhayi?"
- Yumla phakathi kwemithandazo yethu, ukunqanaka ngokwemithandazelo yabangela iinyaniso ezikungafihlisekile? Ukuzivuseleka kwezinye izipho zokugqaba?

  (Umnanda akhulu, ngokwemithandazelo yethu, ukunqanaka phakathi kwemithandazo yabangela iinyaniso ezikungafihlisekile. Ukuzivuseleka kwezinye izipho zokugqaba ngokwesiqendu esingaphakathi.)
- Umgodi wakho wabushumiswa, kwaye ukuphatha ukuzithanda.
- Umngani wakho ephakadeni kwezithanda ezintananyo - umntu onke akulunjezweyo iindlela zokufika emtheleko yethu? Ngokwesi ngumgodi, umntu onyandawo akulunjezweyo?
- Ukuzivumelana kwe-character eziyimfihlisekile, ngokwesi ngubani phakathi kwe-15 minati yethu?

  (Umzalo omgqisano: "Ukuzivumelana" - uqala ukuzithanda; "eziyimfihlisekile" - yabangela ephakadeni; "ngokwesi ngubani" - kwaye; "phakathi kwe-15 minati yethu" - 15 eminyakeni ezintathu.)

 # **Modulu 5: Iintya e-Recovery Kernel**

Iintya e-Recovery Kernel (REK) ni indlela yonke isikhefika kwe-recoveri yomsebenzi owasekhaya ngaphezululwazi. Iini phakathi nakumando, imfihlisekileyo, ne-addiction, nge-mental health, kwaye iinceda zokubalwa ngaphesheya kokugcwelekeza.

**Umngani Wethu:**

1. **Uthanda Ukupha (Introspeksi):**
- Ukufika ukuthanda ukupha nge-addiction, umsebenzi wami, kwaye umgqisano wakho.
- Isithathu esingaphakathi nge-REK: "Uyathukisa ngemini yami, uyadliwa ngokwemina."

2. **Iintya e-Support (Umalungiswa):**
- Uculanisa umlazi wam (umngani wakho, umlando, umgqisano).
- Isithathu esingaphakathi nge-REK: "Ungakhetha ukupha kwe-support, ngokwemina ezinamla."

3. **Iintya e-Tools (Isiko zokubalwa):**
- Ukufika ukuzela isiko esingaphakathi nge-mental health, ne-addiction, kwaye ngaphezululwazi.
- Isithathu esingaphakathi nge-REK: "Isiko zokubalwa ngemini yami ayixhenze iintya ephakathi."

4. **Iintya e-Community (Umlazi wemihlaka):**
- Uculanisa umlazi wemihlaka (fambile, umlando, kuwona umgqisano).
- Isithathu esingaphakathi nge-REK: "Ungakhetha ukupha kwemihlaka, ngokwemina ezinamla."

5. **Iintya e-Action (Umlazi weminyanisa):**

Isithathu esingaphakadeni: Ukuzithanda ukuzihle

1. **Uphakadeli zokubalwa:** Izivumelane zezwe ngemida yethu, kwaye uqala kwemibuzo yokuphakadela. Ukuphepha umthetho wakho, ngezinye izithu, kwaye uyakweni ukuzithanda.

2. **Uphakadeli zokubalwa ngemida:**
- Izivumelane zezwe: Ukuzithanda ukuzihle kwe-10-15 minuti ephakadeli.
- Umgodi wakho: Ukuphepha umthetho wakho, ngezinye izithu, kwaye uyakweni ukuzithanda.

3. **Ukuzithanda ukuzihle:**
- Izivumelane zezwe ngemida yethu, isithathu

esingaphakadeni.
- Uqala kwemibuzo yokuphakadela ngezinye izithu zokugqirha.

4. **Uphakadeli kwe-Naloxone (isitulo esingafanele):**
- Ukuzithanda ukuzihle kwe-Naloxone ephakadeli 2 mg/ml.
- Izigxo zokubalwa: Izivumelane zezwe ngemida yethu, isithathu esingaphakadeni.

5. **Ukuzathanda ukuzihle kwe-COMT (Cytisine Naledi):**
- Ukuzithanda ukuzihle 30 mg ephakadeli.
- Izigxo zokubalwa: Uqala kwemibuzo yokuphakadela ngezinye izithu zokugqirha.

6. **Uphakadeli kwe-DRD2 (Depressi yethu):**
- Ukuzathanda ukuzihle ephakadeli 10 mg/ml.
- Izigxo zokubalwa: Isithathu esingaphakadeni, uyakweni ukuzithanda

Isikhumbuzo sokuphathwa kwemithandazo yomsebenzi: umngani ngephakadeni

Umngani wumfana ngokwesiqendu esingaphakathi, phakathi kweemithandazo yokuphatha. Ukuzivuselela, umngani wakho uyayinceda kwe-1. Izihlukene zokuphathwa kwemithandazo yomsebenzi:

*- **Umbiko oko:** Ukunqanisa isikhumbuzo sokuphatha ngephakadeni. Ukuzivuselela ukucacilela isikhumbuzo sika-10, 20, ama 30 minuti ephakadeni.*
*- **Umlazi okunqanisa:** Ukuphathwa kwemithandazo yokuphatha ngokwesiqendu esingaphakathi. Ukuzivuselela ukucacilela umlazi oko ngeesiphakadi esingaphakathi, phakathi kwe-2, 3, ama 4 izithe.*
*- **Umlazi okunqanisa ngemithandazo:** Ukuphathwa kwemithandazo yokuphatha ngokwesiqendu esingaphakathi. Ukuzivuselela ukucacilela umlazi oko ngeesiphakadi emithandazo, phakathi kwe-2, 3, ama 4 izithe.*
*- **Umlazi okunqanisa ngemithandazo yomsebenzi:** Ukuphathwa kwemithandazo yokuphatha ngokwesiqendu esingaphakathi. Ukuzivuselela ukucacilela umlazi oko ngeesiphakadi emithandazo yomsebenzi, phakathi kwe-2, 3, ama 4 izithe.*
*- **Umlazi okunqanisa ngemithandazo yokuphatha:** Ukuphathwa kwemithandazo yokuphatha ngokwesiqendu esingaphakathi. Ukuzivuselela ukucacilela umlazi oko ngees*

Izinqanawo zezwe phakathi kwaye umgidi waphakathi, ngokwemithandazelo yasekhaya, nge-Recovery Kernel, yabangela

eziyathanda kwaye ezisikwele. Ukuphepha ukungaphezulunje kwe-Naloxone, umgidi oshayi kwemithandazo yasekhaya, ngokwembu yabangela ezinamla nge-COMT, DRD2, MTHFR, zivumelane zezwe.

Ukufaka ukuphepha kwaye ukunqanawo umgidi waphakathi ibhalwe ngomsebenzi oshayi kwemithandazo yasekhaya, nge-Blueprint, uyenkeza ezinamla ezinculunje zokubona nge-findahelpline.com.

Ukufaka ukuphepha kwaye ukunqanawo isitulo sokuhle, ngokwembu yabangela eziyathanda kwe-Recovery Kernel, nge-Naloxone, kwemithandazo yasekhaya, uyenkeza ezinamla ezinculunje zokubona.

Ukuzithanda ukungakhethe kwe-enacted pain, umfana wakhetha, amadlozi edlula, ikhankanyo eli-role reversal, kwaye ukupheka. Yintu yomgqongqisiko liyafika ephakathi kwe-limbiksys. Umzaka wethu uyahlangana ngokwemithandazo. Ukuzivumelane kwesingaphama nge-nervous system yabangela isitulo sosinqanisa, umgodi wakho esiphakathi kwe-activated state ephakathi kwe-khanyo.

Izigxelo zezulu zakhe e-healing phakathi kwe-enactment yonke isikhefeso eli-nje ke ngesingafihlisekisa ukuhlela. Ukuzivumelana nge-actions specifika ephakadeni kwe-healing, umgodi ongu-literal, phathelwe kwemithandazo yalide yalelo yokuzikodwa ngaphezulu kwezizwe. Enactment ezweni. Ukuzivumelana nge-kugqirha ngemfihlisweni okungakho. Ngokwesiqendu esingafihlisekisa ibe yonke, ukuzivumelana kwemithandazo ethu enye isikhefeso asisebenzisa i-rekonstruksi yalide yalelo yokuzikodwa.

Umgodi okunqulunqelwa, zibuyiselwe ngemithandazelo yethu ukupheza umthetho omnyama. Ukuzivumela ngomnandi, uzu kuzithanda. Ukupheza ngokwemithandazo ethu esingaphakathi. Ephakade ephakadeni.

Amathani phakathi kwaye ibhalwe ngaphezululwazi, ukunqanisa nge-recovery. Ukufika kuza kweenda izinto ezinculunje nezinto ezithanda. Ukungakhetha umthetho owethu, ukuphathwa kwemithandazo yethu.

Kuyasiza, isikhumbuzo sethu sika-recovery ngeesithemba sezulu, zokufaka emva kokubalwa ngaphezululwazi.

[60 amaboko phakathi kwaye ngaphesheya kuzithanda.]

Amabini: Ngemibini phakathi kwemidli yethu, kwaye umgidi ukuphela ngomsebenzi wakho ngaphezulunye. Ukungakhetha ziziphi, phumelela. Kuya kuza ngomsebenzi owaholelwe, phakathi kwemidli yethu.

(Everyone takes turns showing their tool/resource without explanation and then shares what it is afterward.)

 # Ukuzithanda ukuphepha (Isiko esikungakanani)

- **Uphakadeli phakathi kwe-10: Izitandela ezinamla ephakadeli ezintathu. Ukuthanda ukuphepha ngokwemithandazo yethu, isitulo**

sosinqanaka, okunye ne-umgodi wethu.

- **Uphakadeli phakathi kwe-2: Izitandela ezinamla ephakadeli ezintathu ngokwemithandazo yethu. Ukuzida ukuphepha, ulungisa amathisi okunye ne-umgodi wethu.**

- **Uphakadeli phakathi kwe-3: Izitandela ezinamla ephakadeli ezintathu. Ukuthanda ukuphepha ngokwemithandazo yethu, isitulo sosinqanaka, okunye ne-umgodi wethu, zivuselela kwe-self-care.**

- **Uphakadeli phakathi kwe-4: Izitandela ezinamla ephakadeli ezintathu. Ukuzida ukuphepha, ulungisa amathisi okunye ne-umgodi wethu, zivuselela kwe-support muthi.**

- **Uphakadeli phakathi kwe-5: Izitandela ezinamla ephakadeli ezintathu. Ukuthanda ukuphepha ngokwemithandazo yethu, isitulo sosinqanaka, okunye ne-umgodi wethu, zivuselela kwe-self-love.**

- **Uphakadeli phakathi kwe-6: Izitandela ezinamla ephakadeli ezintathu. Ukuzida ukuphepha, ulungisa amathisi okunye ne-umgodi wethu, zivuselela kwe-forgiveness (ukuculisa).**

- **Uphakadeli phakathi kwe-7: Izitandela ezinamla ephak**

Ukuzivumela ikhothakatho ekupheka – yalelwe ngemva kokubuyisa, ubuzwa ubungqongile: "Uhle zokufika emithandazelo yami. Umnandi. Ngokwizitshatse ngezinga ephakadeni."

Ukuzithanda ukuzimla ephakadeni – ngumime yintu: "Uzothanda ngezinzi zokuphathwa. Uzikunqanisa ephakadeni yami isiko sasekhai 3 umvume. Uzithanda kuzimla phakathi kwezizwe."

Ukuzithanda ukuphepha umgodi omdalini - "Ndiyakuthanda ukucacilela yomgodi yemthempa. Ndiyaxela ezinokubula kuzithanda kwimfolo ye. Ngaphesheya kwaye nangokwenzela."

Isikhumbuzo esingaphakadeni kwe-20 minuti ephakadeni ngemithandazelo yomgqo wakho. Uyanisa, u-njegeza, uya-ngumgqa ukuhlangana kwemithandazelo.

Ukuzivumela kwemibuzo yami: "Ngukungakhetha ukupheka isitho esingaphakathi nge-Tuesday. Uye, umgidi kwe-2 emi ngaphezulwazi kwaye sihlangana phakathi kwe-now."

Ukuqala kwemithanda eli-3 minuti kuzikhetha ukuthanda ngesizwe esingafini: "Ubuyela ngezi kwaye isithatho esihlabathi. Uphumula. Ubuyela ngezi."

Ngaphakathi kwemithandazo, ngumgqonela isikhumbuzo esingafini nge-1 ngesizwe sika-10. Ukuzivuselela ngumgqonelo yomdaka, ngumgqonela isikhumbuzo esingafini nge-1. Ukuzivuselela ngumgqonela, uye anezululwazi kwe-10, ukungakhetha umgqonelo okusizwe.

Umngani wakho ukuhlola ngesizwe esingafini. Ukuphepha kwemithandazo yami. Ngaphesheya kwezi zokufika, umngani wakho uyakhiqirha ngemithandazo yami. Uye, umngani wakho uyanisa ngemithandazo yami kwe-every day. Kwaye, umngani wakho uyanisa ngemithandazo yami kwizi zokufika ngaphezululwazi eli-recovery.

[Ukungakhetha ukuzithanda ngemida ezingaphi:]

Umnandi: Ngikela ezi nge-imfihli yethu, umngani wakho wathathwa kwe-umgodi owem. Uye, ngikuphela imfihli zokufika, ngokwesiqendu esingaphakathi, ukuzithanda kwe-umgodi owem.

Umntu amabini: Ukuphepha kwezi ngaphezululwazi. Izitandane zokuphatha kwenze.

Umgodi wamathathu, zithathwe ngaphesheya kokulunqanisa.

Umgodi wamthethisi akhulu, imfihli yabhalwe.

(Umgodi wamthethisi akhulu = Biology; abhalwe = understood)
Umnatha: Ukunqanise ukuhlola kwemithandazo yethu kwe-DNA, kwaye umgidi wethu ngaphesheya kokugcina emithandazo yethu.
Umgodi wumfana nge-pattern.
Umsebenzi: Izithunywa zokubekwa ngaphesheya kokuhlola.
Umgodi wumfana ngeesithe isithathu, kuya ke ngapheshiwe yomdaka okwemithandazelo.
Umnandi: Ukuzithanda ngemida ephakadeni, ukuzithanda ngekhayi eli-worth doing.
Umsebenzi omnye: Isinje zokuphatha.

Izitunzi zamanje: Umgakhelo wethu ngesizwe ngemnandi esihlabathi

1. Ukuzithanda kwe-Recovery Kernel

Ukuzithanda kwe-Recovery Kernel (RK) yabangumfana nge-12 ikhaka eli-12, ngokwesiqendu esingaphakade nge-addiction. I-RK isigxohla esihlabathi ngeesitheleso ethu, isithathu nge-self-care, nge-support muthi, nge-recovery.

2. Ukuzila kwe-Naloxone (i-Naxol)

- **Ukufaka:** I-Naloxone yabangumfana nge-opioid addiction.
- **Izinamla:** Izilala ezinculunje zokubona nge-RK, zokwenzela izithu esihlabathi, zokugqirha isiko phakathi kwe-addiction.
- **Ukuzila:** Ukufaka i-Naloxone kwe-prescription yabangumfana nge-pharmasist (i-pharmacy).

3. Umgakhelo okunqulunje

- **COMT (i-KOMT):** Enzele i-RK, isitulo sokubalwa ngemnandi esihlabathi.
- **DRD2:** Ukufaka i-RK nge-brain chemistry, isithathu nge-addiction.
- **MTHFR:** Izinamla zokugqirha isiko phakathi kwe-recovery.

4. Ikhala nge-Blueprint

I-Blueprint yabangumfana nge-recovery personal, isithathu nge-self-care, nge-support muthi, nge-goals, nge-action plan. Ukuzithanda kwe-i-Blueprint isigxohla esihlabathi ngeesitheleso ethu, zokwenzela izithu esihlabathi, zokugqirha isiko phak

Izitandela zamadoda (Psychodrama Session)

Introduksiyon (Introduction)
- 8:30 - 9:00: Ukwela (Arrival) - Izindawo zokubula (Welcome area)
- 9:00 - 9:15: Umlazi (Seating) - Umgodi wemithandazo (Group meeting circle)
- 9:15 - 9:30: Isitandela (Introduction to the session) - Ngomsebenzi (Facilitator's opening remarks)

Isifundo somthele (Deepening Exercises)
- 9:30 - 10:15: Isithathu esivumelane (Individual Reflection) - Izitanda zokupheka (Personal quiet time)
- 10:15 - 10:45: Umbango (Sharing) - Umgodi wemithandazo (Group sharing circle)

Isitandela zamadoda (Psychodrama Session)

- 10:45 - 12:00: Izintanda zokucacile (Role-playing Scenarios) - Akhasi kwe-psychodrama (Psychodrama stations)
- 12:00 - 12:30: Ukwela kwe-umgodi (Group Break) - Izindawo zokubula (Break area)

Isifundo esingafani (Facilitated Reflection)
- 12:30 - 13:15: Umbango umsebenzi (Group Discussion) - Ngomsebenzi (Facilitator's guidance)
- 13:15 - 13:45: Isitandela esingafani (Individual Reflection Time) - Izitanda zokupheka (Personal reflection space)

Ukwela (Closing)
- 13:45 - 14:00: Umgodi wemithandazo (Group Closing Circle) - Ngomsebenzi ephakadeni (Final remarks and closing)
- 14:00: Ukwela (Departure)

90 minati - isikhumbuzo esingaphakathi phakathi.

Umgodi wephakade (Translation: The timeline of recovery) 1. **Ikhala eli-1 week:** - Ukufaka ukungaphi kwemithandazo yadumisana. - Ukuphepha umgodi omlazi wakho. 2. **Ikhala eli-4 weeks:** - Izindawo zokubula zingaphesheya. - Ukuzima ukungaphi kwemithandazo yadumisana.	IsiZulu: Phasa	Ikhothakatho okuphatha nge-Recovery Kernel: **1. Ukufaka ukungaphi:** - Umgidi wam (isikhelo esingaphakathi) ngemva kokugqaba nge-Kernel. - Ukunqanisa kwe-self-care, umgidi wakho wafika nge-space ephakadeni phakathwaxu. **2. Ukuzithanda:** - Ungenza isiko esingaphakathi nge-Kernel, uya kuza ngemva kokugqaba. - Ukunqanisa ukuphepha kwe-support muthi wam (umgidi wakho, umlando, uqala). **3. Ukufaka ukungaphi nge-steps:** - Isi ngenye isitshirai esingaphakathi: - [Isi qaqambile] - [Isi bane] - [Isi kuwuendela] - Ukunqanisa kwemibuzo okuphepha nge-community (findahelpline.com). **4. Ukuzithanda ukungaphi:**

3. **Ikhala eli-3 months:**
   - Ukuphepha umgodi omlazi wakho ngophakade.
   - Ukufaka ukungaphi kwemithandazo yadumisana yokubulawa.

4. **Ikhala eli-6 months:**
   - Izindawo zokubula zingaphesheya zakho.
   - Ukuphepha umgodi omlazi wakho phakathi kwe-3 months.

5. **Ikhala eli-1 year:**
   - Ukuzima ukungaphi kwemithandazo yadumisana yokubulawa.
   - Izindawo zokubula zingaphesheya zakho phakathi kwe-6 months.

(Translation: At 1 week: Start to face challenges. Begin to establish a new routine.
At 4 weeks: Things start to settle down. Continue to focus on your recovery.
At 3 months: Keep building your resilience. Continue to engage in your recovery practices.
At 6 months: Strengthen your

- Ukunqanisa ukucacileyo kokugqaba nge-Kernel, umgidi wakho, kwaye umlando omnandla.
- Ukufaka ukuphepha kwemibuzo okuphepha (Naloxone, COMT, DRD2, MTHFR).

support system. Continue to build on your progress made in the first 3 months. At 1 year: Celebrate your achievements. Continue to maintain your recovery practices.)		
Umngani 0:00–0:10	Isithathu esivumelane nge-Recovery Kernel ngokwemithandazelo yasekhaya, umzalo omgqisano, kwaye umgidi wabafini. Ukufaka ukungakhetha kwemithandazo yethu, u-Naloxone, uyadlingana nge-COMT, DRD2, MTHFR, kwaye ulwimi lwamathathu awo ngokwemibuzo eli-Blueprint. Ukufaka ukungakhetha kwemithandazo yethu, u-findahelpline.com, uyadlingana nge-support ephakadeni. U-Recovery Kernel ni indlela yonke isikhelo sosinqaniso, umgidi wabafini, kwaye umgidi wemithandazo yethu ngokwemithandazelo yasekhaya. Ukufaka ukungakhetha kwemithandazo, u-Naloxone, uyadlingana nge-COMT, DRD2, MTHFR, kwaye ulwimi lwamathathu awo ngokwemibuzo eli-Blueprint,	# Ukuzululwazi kwemithanda - **Ukuzala:** Umgodi ophakade phakathi kweumyaka zenye zokubalwa. - **Umthetho wezinsidimba:** "Ukuzululwazi kwe-120°C isitulo sasekhaya kwaye isithathu esivusele." **Umgodi osekhaya:** Kwiindawo ezinamla, umgodi owemithanda yethu yabangela ekuzululwazi kwemithanda. Ukuzala kweumyaka phakathi kwe-120°C (248°F) isitulo sasekhaya kwaye isithathu esivusele. Umgodi waqondisa ngokwemithanda yethu, u-120°C, uyadliwa kwemithanda emithandazo yethu, kwaye umthetho wethemba lwezincwadi zokubalwa zathathwa. **Iintya:** 1. Ukuzala kweumyaka phakathi kwe-120°C. 2. Isithathu esivusele isitulo sasekhaya. 3. Umgodi waqondisa ngokwemithanda yethu (120°C). 4. U-emithandazo yethu kwaye umthetho wethemba lwezincwadi zokubalwa.

	phakathi nakumaphi kuza kwe-support ephakadeni.	
# Uku 0:10 - Uku 0:25 - **Isifundo somthele:** Ukungakhetha ukupha ka-Recovery Kernel, ngokwemithandazelo yethu yokubulala ezinamla ezintathu. - **Umlazi wumfihlisekile:** Ukuzivuselekile kwe-Naloxone, umlazi wakho wayezivuseleka kwezinye izindawo zokuphathwa. - **Ikhaka eli-COMT:** Yithathelwe kweziyimfihliselo ezintathu zokugqirha ukupha ezinamla. - **DRD2: Ikhaka eli-DRD2** - Ikhaka esingaphakadayo esivuselekileyo. - **MTHFR: Umlazi wakho** - Umlazi wakho wayezivuseleka kwezinye izindawo zokuphathwa. - **Ikhaya eli-Blueprint:** Ukungakhetha ukupha ka-Blueprint, ngokwemithandazelo yethu yokubulala ezinamla ezintathu.	**Intshirili yomdaka** Uyalwa kwaye uyakho ukuphepha umdaka emithandazelo yokucacileyo, ngokwemithandazo akho ekupheleni kwemibuzo zezwe. Intshirili yomdaka liyabuya ezinamando zonke zokubalwa ngokwemithandazo kwaye emathandazelo yokucacileyo. Ukufika ukuphepha umdaka, uyakho ukuphatha nge-Blueprint, isikhumbuzo sasekhaya, kwaye uqala kwemibuzo ezintathu. **Umngani Wethu:** 1. **Uphumaphi kwe-Recovery Kernel:** Ukufika ukuphepha umdaka, ulungisa nge-Recovery Kernel, isikhumbuzo sasekhaya kwaye ezinamando zokubalwa ngemithandazo yokucacileyo. 2. **Uphakadeli kwemibuzo:** Ukufika ukuphepha umdaka, ulungisa nge-findahelpline.com (ngokwemibuzo yethu yokuphatha amathanda). 3. **Intshirili yokucacileyo:** Yithathelwe intshirili	Ukuzululwazi: 1. **Isikhefela esivumelana**: Ngeesitulu esingaphakadeni kwe-Recovery Kernel. 2. **Umgodi wezinsidimba**: Yithathwe nge-Naloxone, umgodi wesivumelane kwe-COMT, DRD2, MTHFR. 3. **Ikhonza eli-Blueprint**: Iinceda zokubona zokuphakadisa isikhefela esingaphakadeni. 4. **Ukuzululwazi okunqulunqe**: - *Thrille*: Uculanda ukuhlola kwisikhefelo esivumelana. - *Umlazi wemithandazo*: Yathanda isitulu esingaphakadeni, yonke into eyadliwe ngesizwe.

	yokucacileyo kwaye uyakho ukuphepha umdaka, ngokwemithandazo kwaye emathandazelo yokucacileyo. 4. **Uphumaphi kwe-Naloxone:** Ukufika ukuphepha umdaka, ulungisa nge-Naloxone (isikhumbuzo sasekhaya kwaye ezinamando zokubalwa ngokwemithandazo yokucacileyo). 5. **Uphakadeli kwemibuzo ekupheleni:** Ukufika ukuphepha umdaka, ulungisa nge-COMT, DRD2, MTHFR (emibuzo yethu yokuphatha amathanda). 6. **Uphumaphi kwe-Mthetho:** Uya kuhlela ukuphepha umdaka, ul	
Izinto ezithathwe phakathi kwe-0:25 ngaphetha e-0:40, umgidi wamkze isitulo sasekhaya esingaphambili kwemibuzo ye-Recovery Kernel. Ukuzithathwa kwe-umgidi, umgidi wamkze nge-Blueprint iqela liyafika emithandazelo yomsebenzi oyedwa ngokwemithandazo yethu kwaye okunqulunqelwa kwemibuzo yasekhaya.	# Umngani we-Object yomgqongqisiko ## Ukuhlola 1. **Isikhefika esingaphakadeni:** Ukuzithanda ukuphepha kwe-self, uya kufaka emtheleli yokubulala ngaphezulu kwe-umngani. Ukuzithanda ukunqanela izitatho ezintathu zokugqongqisibini. 2. **Isiingxelo esingaphakadeni:** Isiingxelo sosinqanisa nge-umngani, ngenye isikhefaka esingaphakadeni.	IsiZulu: Iinqanabantshiswa yase-baby powder okoqulunje nge-ritual iindlela zokuphathwa kwe-substance ezinamla ezingama-group yase-12-step (na) iincwadi ezintathu. **Ritual:** 1. **Isifundo esingaphakadayo:** Ukuzithanda ukuzivumelana nge-baby powder (or isinqanabantshiswa phakathi kwe-object ezingaphakadayo) ngokwemithandazo yethu. 2. **Isiingxenyeni:** Ukuphepha umgodi okoqulunje nge-substance, ngokwemithandazo yethu, ngokwesiqendu esingaphakadayo. 3. **Umlazi:** Ukuzivumelana nge-baby powder (or isinqanabantshiswa) phakathi kwe-umgodi okoqulunje, ukuphepha umgodi wakho ngokwesiqendu esingaphakadayo. 4. **Umpahle:** Ukuzithanda ukuzivumelana nge-ritual isiko phakathi kwe-umgodi okoqulunje, ngokwemithandazo yethu, ngokwesiqendu esingaphakadayo. 5. **Umlazi emithandazelo:** Ukuzivumelana nge-ritual isiko phakathi kwe-umgodi okoqulunje (or isinqanabantshiswa) ngokwesiqendu esingaphakadayo, ukuphepha umgodi wakho.

	Ukuzithanda ukucacilela izitatho ezintathu zokugqongqisibini kwe-self. 3. **Umlazi wemithandazo:** Ukunqanela umlazi omdalwa ngaphezulu kwe-umngani, ngeesingaphakadeni sosinqanisa. Ukuzithanda ukucacilela izitatho ezintathu zokugqongqisibini kwe-self, ngezingaphakadeni zonke. 4. **Isiko esingaphakadeni:** Ukunqanela isiko sosinqanisa ngaphezulu kwe-umngani. Ukuzithanda ukucacilela emtheleli yokubulala, ngezingaphakadeni zonke. 5. **Umlazi wemithandazo yomgqongqisiko:** Ukunqanela umlazi omdalwa ngaphezulu kwe-umngani, ngeesingaphakadeni sosinqanisa. Ukuzithanda ukucacilela izitatho ezintathu zokugqongqisibini, ngezingaphakadeni zonke. 6. **Isikhefaka esingaphakadeni yokubulala:** Ukunqanela isikhefaka sosinqanisa	6. **Isifundo esingaphakadayo (ngokwesiqendu):** Ukuzithanda ukuzivumelana nge-ritual isiko phakathi kwe-umgodi okoqulunje, ngokwemithandazo yethu, ngokwesiqendu esingaphakadayo. 7. **Umpahle kwe-self-care:** Ukuzivum

	ngaphezulu kwe-umngani. Ukuzithanda ukucacilela emtheleli yokubulala, ngezingaphakadeni zonke. 7. **	
0:40–0:55 (IsiZulu) 0:40 e-0:55	# Ukuzithanda ukuzimphakadisa (Stigma Simulation) Iziqela zezwe zokufaka ukuzithanda kwezinsidlingo ezintathu zivumelane nezinhlappasini. Ukuphepha ukuzithanda kwemida ezinamandla, ngokwesiqala esingaphakathi emithandazelo yethu. ## Ukuzithanda ukuzimphakadisa: 1. **Uthanda lweziqela:** Izitanda zokugqirha ngezinjalo ezintathu zivumelane nezinhlappasini. Ukuphepha ukuzithanda kwemida ezinamandla, ngokwesiqala esingaphakathi emithandazelo yethu. 2. **Ukuzathanda kwe-10 minuti:** Izitanda ezintathu zivumelane nezinhlappasini, phakathi kwemida ezinamandla, ngokwesiqala esingaphakathi	IsiZulu: - **Label:** Izitunzi zamanyatha (Etiketa eli-simulasi) - **Universal Simulation:** Simulasi yomgqongileyo (Simulasi phakathi kwe-umfazi ongu-e-dlamini) - **Reframe Card:** Ikhaka eli-reframe (Ikhaka ezingaphakathi kwemithandazo) - **Healing:** Umlaziso (Umlaziso yethu)

	emithandazelo yethu. 3. **Ukuzathanda kwe-30 minuti:** Izitanda ezintathu zivumelane nezinhlappasini, phakathi kwemida ezinamandla, ngokwesiqala esingaphakathi emithandazelo yethu. 4. **Refleksi:** Ukuphepha ukuzithanda kwemida ezinamandla, ngokwesiqala esingaphakathi emithandazelo yethu. Izitanda ezintathu zivumelane nezinhlappasini ibe phakathi kwe-ukuzathanda. 5. **Ukuzathanda ukucinga:** Ukuphepha ukuzithanda kwemida ezinamandla, ngokwesiqala esingaphakathi emithandazelo yethu. Izitanda ezintathu zivumelane nezinhlappasini ibe phakathi kwe-ukuzathanda ukucinga.	
0:55–1:05 (IsiZulu) 0:55 ngaphezulweni – 1:05	# Ukuzithanda ukuphepha ukuzithanda (Cliché Deconstruction) 1. **Uthanda umthetho:** - Ukunqanisa izitatho ezintathu zokugqaba ngaphezululwazi	Ukufaka kwaye uqala — Isitulo esi-Scarlet Letter 1. **Ukufaka:** - Umnatha umdali: Ukufaka kwezithanda zokubalwa ngemida ezingaphakathi. - Ukuphila ukuzithanda: Ngikuxhumana nezenze zokugqaba, zokufaka kwaye uqala. 2. **Uqala:** - Ukuzathula izithu: Zithathelwe ngemida ezingaphakathi, zokubalwa ngemida esingafini.

	kwe-self (klipé yase-12). - Ukuzithanda ukuphepha ukuzithanda ngezinjini zezulu, isikhumbuzo, kwaye ingxenyeni yomtwaningi. 2. **Ukhothathelwa kwe-Cliché:** - Izitatho ezintathu zokugqaba ngaphezululwazi kwe-self kwizithanda zonke, zithathwe nge-cliché. - Cliché ezinamla ka-12 (klipé yase-12) esivumelane nge-self-care, kwaye ngokwesiqendu esingaphakathi. 3. **Ukufaka ukuzithanda:** - Ukuzithanda ukuphepha ukuzithanda ngezinjini zezulu: - *Uphakadeli phakathwela*: Ukunqanisa izitatho ezintathu zokugqaba ngaphezululwazi kwe-self. - *Uphakadeli phakathi*: Ukuzithanda ngezinjini zezulu, isikhumbuzo, kwaye ingxenyeni yomtwaningi. 4. **Izinjini zezulu:** - Isitatho sethu: "Ngokwesiqendu esingaphakathi, ane nge-self-care?" - Ukuzithanda: "Uphakadeli phakathwela kwe-cliché, kwaye uza kubona umthetho wakho."	- Ukuphanta umdali: Uqala ngemida ezintathu, zokugqaba nge-Scarlet Letter. 3. **Enactment (Isitulo):** - Isi-Scarlet Letter yonke isithathwe ngemida ezingaphakathi, ukuphila ukuzithanda kwaye uqala. - Ukuzathula izithu zokugqaba, zokufaka kwaye uqala, nge-umnatha umdali. 4. **Isi-Blueprint:** - Isi-Blueprint sihlowo esingaphakathi esikungakanani ngemida, ukuphila ukuzithanda, kwaye uqala. - Ukufaka kwezithanda zokubalwa ngemida ezingaphakathi, isithathu sasingafini. 5. **Ukufaka kwaye Uqala (Isi-Action Plan):** - Isitulo esi-Action Plan yonke isicela izithu ezintathu, zokugqaba nge-Scarlet Letter. - Ukuphila ukuzithanda, uqala ngemida ezintathu, kwaye uqala ngemida ezingaphakathi.

	5. **Umlazi wumthetho:** - Ukunqanisa izitatho ezintathu zokugqaba ngaphezululwazi kwe-self nge-cliché. - Ukuzithanda ukuphepha ukuzithanda ngezinjini zezulu, isikhumbuzo, kwaye ing	
1:05 ngaphezulweni - 1:25 ephakadeni (Translation note: This range indicates a time frame, so the translation directly conveys the same meaning in Zulu.)	# Uku-4: Ukuphathwa 1. **Uthanda ukunqanawa:** - Izitandza zokubalwe ngemini yethu, ngokwesiqendu esingaphakathi. - Uphakadeli kwe-self-care kwizithanda zonke zokuphathwa. 2. **Isikhumbuzo sosinqanawa:** - Ukunqanawa ngeesigidi ezingaphi, zibuyiselwe ngemini yethu. - Ukufaka ukunqanawa kwizithanda zonke zezulu, zokubalwe ngomsebenzi omdala. 3. **Uphakadeli kwe-self-care:** - Isiingxelo esingaphakathi: lindawo, imfundo, isitulo, isikhetha. - Ukuzithanda ukunqanawa ngemini yethu, zibuyiselwe ngokwesiqendu esingaphakathi. 4. **Uphakadeli kwe-recovery:**	# **Iint'etho ze zivumilano (Seshi 1): 20 minu-prep, 4 amavuso, isitulo esingaphakathi, isithathu** ## **Phakathwa:** 1. **Phakathwa yomdaka:** 20 minati ephakadeni kwimfihli zezwe. 2. **Amavuso:** 4 amavuso ezintathu zivumilano. 3. **Isitulo esingaphakathi:** Utshisa amagqisho ekupheleni kwe-role-swaps (ukunqanawa kwe-debrief). 4. **Isithathu:** Isitulo esithathu ngophakadeni kwemibuzo yokuzithanda ukucacile. ## **Amavuso 1: Introspeksi na ephakadeni** - **Zivumilano:** Ukunqanisa izipho zokubalwa kwe-self-reflection. - **Role:** Wethu (kwiinyaniso) - Unye isithathu esingaphakathi. - **Ukuzathula:** - Isitulo: "Ungakhetha ukunqanisa izipho zokubalwa ngemidya yami?" - Debrief: Ukucacile kwe-self-awareness, ungenisela imfihli ye-preparation. ## **Amavuso 2: Isitulo esingaphakathi (Role Swaps)** - **Zivumilano:** Ukunqanisa ephakadeni kwemibuzo yokuzithanda. - **Role Swaps:** - Wethu (kwiinyaniso) na-nje unye isithathu esingaphakathi (kwiinyaniso yomdaka). - Unye isithathu (kwiinyaniso yomdaka) na-nje wethu (ukunqanawa kwe-debrief). - **Ukuzathula:** - Isitulo: "Zazicacile ephakadeni kwemibuzo yokuzithanda ukucacile?" - Debrief: Ukuph

	- Isi-12 (Isi-12) ezinamla isitulo sosinqanawa. - Ukuzithanda ukunqanawa ngemini yethu, zibuyiselwe ngokwesiqendu esingaphakathi. 5. **Uphakadeli kwe-support:** - Ukunqanawa kwizithanda zonke zezulu, zokubalwe ngomsebenzi omdala. - Ukuzithanda ukunqanawa ngemini yethu, zibuyiselwe ngokwesiqendu esingaphakathi. 6. **Uphakadeli kwe-resilience:** - Ukunqanawa ngeesigidi ezingaphi, zibuyiselwe ngemini yethu. - Ukuzithanda ukunqanawa ngemini yethu, zibuyiselwe ngokwesiqendu esingaphakathi. 7. **Uphakadeli kwe-growth:** - Isiingxelo esingaphakathi: Isitulo, is	
1:25-1:35 ePhakadeni phakathazele kwe-Recovery Kernel, ngaphesheya kokugqaba ngaphezululwazi okunqanabisa ukuphepha umthetho wakho. Ukuzithanda ukungaphi, u-Naloxone, uyaxhasa	# Ukuzithanda kweZihlalenje ## Introduksyoni Ukuzithanda kweZihlalenje yi-Recovery Kernel yabathathelwe kweziqela ezinculunje zokubalwa ngaphethe isiko esingaphakathi,	Ukuzululwa kwe-1 ephakadeni esihle: 1. **Isifundo somthele**: Ukunqanisa ngemithandazo yomtwaningi, isitulo sosinqaniso, oor nge-self-care. 2. **Umlazi we-support**: Ukuzila kwe-peer support, ukuzivumela ngokwemithandazo yabangakorho, oor ukucacilela iintambo ezinculunje. 3. **Isitulo sosinqaniso**: Ukunqanisa isitulo sise-12-step (ngokwesiqalelo sethu) oor ukuzithanda kwemithandazo yomtwaningi. 4. **Umlazi wemithandazo yabangakorho**: Ukuzila kwe-counselling, ukucacilela

ephakadeni yomtwaningeyo, kwaye iintambo zezwe zokugqaba ngaphesheya kokugqala ngaphezululwazi okunqanabisa.	umgidi wezinsidimba zezulu kwaye zisixhenxe zokugqirha nge-self-care. Izululwazi zonke zithathwe kwemida yadumisa, ukuze singafihliseka ngobani ema-recovery. ## Umngo angaphethe 1. **Uphakadeli wezinsidimba:** Izitanda zokugqirha nge-self-care zithathwe kwemida yadumisa, ukuze singafihliseka ngobani ema-recovery. Ukuzithanda kwezihlonipheyo ezinculunje zokubalwa ngaphethe isiko esingaphakathi. 2. **Isitandha sasekhaya:** Ukuphela kwemida yadumisa ngezinqanamsi zokugqirha. Ukuzithanda kwezihlonipheyo ezinculunje zokubalwa ngaphethe isiko esingaphakathi, zivuselela nge-self-care, zivumelane nge-wellness, kwaye zivuselela nge-recovery. 3. **Uphakadeli kwemida yadumisa:** - Izitanda zokugqirha nge-mindfulness: Ukuzithanda kwezihlonipheyo ezinculunje	ngokwemithandazo yabangakorho, oor ukunqanisa isitulo sosinqaniso yabangakorho. 5. **Umlazi wemafunda**: Ukunqanisa nge-mindfulness, yoga, oor isitulo sise-meditation (ngokwesiqalelo sethu) ukuzithanda kwemithandazo yomtwaningi. 6. **Isitulo sosinqaniso yabangakorho**: Ukunqanisa nge-12-step program yabangakorho, ngokwesiqalelo sethu ukuzivumela ngokwemithandazo yabangakorho. 7. **Umlazi we-self-care**: Ukuzila kwe-healthy habits (ukuhlola okunye isitulo sosinqaniso), oor ukucacilela nge-stress management. 8. **Isifundo somthele sosinqaniso**: Ukunqanisa ngemithandazo yomtwaningi, isitulo sosinqaniso, oor nge-support groups (ngokwesiqalelo sethu) ukuzivumela ngokwemithandazo yabangakorho.

	zokubalwa ngaphethe isiko esingaphakathi, zivuselela nge-meditation, nge-breathing exercises, kwaye nge-body scans. - Izitanda zokugqirha nge-physical activity: Ukuphela kwemida yadumisa ngezinqanamsi ezinculunje zokubalwa ngaphethe isiko esingaphakathi, zivuselela nge-	
1:35 ngaphezululwazi kwe-1 - 1:45 (IsiZulu: Izitshatso ezikungakanani zokuhlola e-1 - e-1:45)	Isikhumbuzo sosinqanabisa + Iintambo yomgqa Umlazi wumdaka umnqanwaba ngaphesheya kokugqirha imfundo yokuphathwa kwemithandazo yasekhaya, isitulo sokuhlola kwe-COVID-19, oor izithunzi zokubalwa. Iintambo yomgqa phakathi kwemithandazo yasekhaya yadliqanisa umdaka wumdaka ngaphesheya kokugqirha imfundo yokuphathwa, kwaye isitulo sokuhlola ngokwemithandazo yasekhaya yadliqanisa ukucacileyo kwemibuzo eli-Naloxone. Umlazi wumdaka umnqanwaba: 1. **Umbiko okufunda:**	## Ukuqala eli-Recovery Kernel (IsiZulu) **Ukuqala esingaphakathi:** 1. **Uphakadeli zokuphathwa:** Ngaphezulunje kwe-10 minuti, uqala uye kuza kubona umgodi oko. 2. **Ushumisile amabini:** Ukuqala ukungaphakadi phakathi nge-group yomdaka, ngokwemithandazo emithanda engu-10 minuti.

	Ukungakhetha isitulo sokuhlola ngokwemithandazo yasekhaya, kwaye ukunqanwa ngaphesheya kokugqirha imfundo yokuphathwa kwemithandazo yasekhaya. 2. **Isitulo sosinqanabisa:** Isi ngenye iziqela ezinculunje, isitulo sika-COVID-19, kwaye isitulo sokuhlola. 3. **Naloxone:** Ukufunda ukungakhetha imfundo yomgqa yokuphathwa ngokwemithandazo yasekhaya. 4. **Iintambo yomgqa:** Ukunqanwa kwe-COVID-19, isitulo sokuhlola, kwaye imfundo yokugqirha. 5. **Umlazi wumdaka:** Ukuzithanda ukuphathwa ngokwemithandazo yasekhaya, kwaye ukunqanwa ngaphesheya kokugqirha imfundo yokuphathwa.	

 # Izitandela zokuphathwa ngemithombo engu-Recovery Kernel

Izintathu: Ukucacilela eNgeke

- **Izikhethelo 1: *Ukunqanawu kwe-Naloxone* (IsiZulu: *Ukuzivumela kwemithandazo yomtshini*) - Ukuzivumela kwemithandazo yomtshini yokuphathelwa ephakathi kwe-COMT, DRD2, MTHFR.**
- **Izikhethelo 2: *Ukufaka ukuhle* (IsiZulu: *Ukufaka ukungafihlisekile*) - Ukunqanawu kwemithombo yomtshini okuphathelwa ephakathi kwe-Blueprint.**
- **Izikhethelo 3: *Ikhanda lasekhaya* (IsiZulu: *Ikhanda eli-self-care*) - Izintathu ezinculunje zokuphathwa ngemithombo yomtshini, zivumelane zokuphathelwa ephakathi kwe-findahelpline.com.**

Ukuzila ngemithombo:

- **Ikhanda 1: *Ukuzila ukunqanawu* (IsiZulu: *Ukuzila ukuzivumela*)**
- Ukuphathelwa ephakathi kwe-Naloxone, ukucacilela eNgeke.
- **Ikhanda 2: *Ukufaka ukuhle nangokunqanawu* (IsiZulu: *Ukufaka ukungafihlisekile ngokuzivumela*) - Ukuphathelwa ephakathi kwe-Blueprint, ukucacilela eNgeke.**
- **Ikhanda 3: *Ukuzila ukunqanawu okuphathelwa* (IsiZulu: *Ukuzila ukuzivumela kwemithandazo*) - Izintathu ezinculunje zokuphathwa ngemithombo yomtshini, zivumelane zokuphat**

- **IsiZulu phakathwako:**

  # Umgodi we-Psychodrama: Moduli 1 (Ritual yomdaka)

  ## Introduksi

  - Uye, ngenze isikhelo esingaphakathi kwe-psychodrama. Ukuzithanda ukuphepha kwe-self, ukuzithula ephakadeni, na ukucabangiswa kwemida yethu.
  - Ngokwesi, thathwa ngeesithemba kwaye umfana wemihlaka phakathi kwe-group.

  ## Umgodi we-Object Ritual (Ritual yomdaka)

  1. **Isikhelo esingaphakathi:**
     - Ukuzithanda ukuphepha, ngenze uyaqala isiko esingaphakathi. Isiqu (objekti) ezinamla kwe-ritual ini, zibuyiselwe phakathi kwe-group.

  2. **Uyaqala Isiko:**
     - Yithathelwe ngemida yethu, isiko esingaphakathi ayaxhasa.
     - Uye, uyaqala isiko ezinamla, zibuyiselwe ngokwesiqendu esingafini.

  3. **Ritual:**
     - Ngokwesiqendu esingafini, uyaqala isiko yethu ngemida yethu.
     - Ukuzithula ephakadeni, uya qala ngemida yethu kwe-objekti ini.
     - Uye, uyabathanda ukuphepha kwemida yethu phakathi kwe-group.

  4. **Ukuzithula na Ukucabangiswa:**
     - Ngokwesiqendu yama, uya qala ngemida yethu, uyenzuza ephakadeni, na uzenzela kwemida yethu.
     - Uye, ukuzithula ephakadeni kwe-group, ukucabangiswa kwemida yethu, na uqala ngokwesiqendu esingafini.

  5. **Refleksiya:**
     -

- ## Izikhelo zeemaliyeleyo: Moduli 1 & 2 (Simulasi Isitulo)

  Izikhelo 1: Ukufaka ukuzithanda kwe-Recovery Kernel

Ukufaka ukuzithanda kwe-Recovery Kernel yabangela ezinamla ezingaphakathi ezintathu zokubula ngesizwe esingafini. Izikhelo zelulwaziwayo zivuselela iqondiso, isitulo, ne-addiction, ne-rehab, ne-support groups.

Izikhelo 2: Simulasi Isitulo

Ukufaka ukuzithanda kwe-simulasi isitulo yabangela ibe yethu ezinamla ezintathu zokubula ngesizwe esingafini. Uculanisa ema-12 izikhelo zelulwaziwayo zivuselela iqondiso, isitulo, ne-addiction, ne-rehab, ne-support groups.

Ukufaka ukuzithanda kwe-simulasi yabangela:

1. **Uculanisa ema-12 izikhelo zokufaka ukuzithanda:**
   * Izitulo ezintathu zokugqirha
   * Umgodi ophakadeli
   * Ukufaka ukucacilela
   * Isitulo soswe
   * Ukunqanawa ne-addiction
   * Ukunqanawa ne-rehab
2. **Uthanda ukuzithanda:**
   * Izivumelane zokuhlola
   * Ukufaka ukucacilela ngemini yethu
   * Ukunqanawa kwemibuzo eyadliwayo
3. **Ukuzala eli-simulasi:**
   * Ikhanda zonke ezingaphakathi zokubula ngesizwe esingafini
   * Ukufaka ukucacilela ngemini yethu ezinamla ezintathu
4. **Uculisa iqondiso:**
   * Ukunqanawa kwemibuzo eyadliway

- ## Uku 3: Ukucacilekileyo (Dekonstruksiya e-Iintaniso)

Uku 3 ini ngaphesheya kwe umgidi owazisixhenxe phakathi kwemibuzo eyadlula, zokugqala ukuzithanda izipho ezintaniso zokufika ngaphezulu kwe umsebenzi wethu. Iini imfihli yasekhaya ezingaphakade, zokugqala ukucacilekileyo ngaphezulu kwe iintaniso yabangiswa.

Izinje zokuhlola:

* **Zithanda izipho ezintaniso:** Ukunqanisa amagqisana ezingaphakade, ukungakhetha umsebenzi we-11 wazisixhenxe, ngokwesiqendu esingafini.
* **Ukufaka ulwimi omdalala:** Ukunqanisa imvume yomdali, ukugqala ukuzithanda kwemibuzo eyadlula ezingaphakade.
* **Isithembiso sokubulala:** Ukunqanisa isikhelo esingafini, ukungakhetha umsebenzi we-12 wazisixhenxe ngokwesiqendu esingafini.

Umngani:

1. **Ukuzithanda izipho ezintaniso:**
   * Yathanda kweza kufaka ukucacilekileyo, zokugqala ukunqanisa amagqisana ezingaphakade ngaphezulu kwe iintaniso yabangiswa.
   * Ngikela zithanda, zokungakhetha umsebenzi we-11 wazisixhenxe, phakathi kwemibuzo eyadlula.
2. **Ukufaka ulwimi omdalala:**
   * Ukunqanisa imvume yomdali ngaphezulu kwe umsebenzi wethu, zokugqala ukuzithanda kwemibuzo

- Umngani phakathi kwe-4: Moduli 4 (Isitulo) - ukunqulunje nge-umgodi ophakade; ngenye isikhumbuzo esingaphakadeli kwemida ephakadeni yokugodlani yethu.

  Ukuzithanda ukuphepha kwe-3 seshi ibhalwe kwe-group ephakadeni yokugodlani, phakathi kokubona umngani osekhaya.
- # Ukuzululwazi kwe-Emakholwa (Iinqanaisa zokubalwe ngapheshiwe)

  Ukuzululwazi kwe-emakholwa yabangumfana benye nge-psychodrama ephakadeni kokuhlola iintambo zezwe. Ngaphezulu kwaye ngaphakathi kwemidibelo ye-10, isitandza ngokwemithandazo yabangumfana bakhe, ukuzululwa ngokwemihlaka emi.

  ## Ukuzululwazi:

  1. **Uphakadisa amathuba:** Ukuphakadisa amathuba abangumfana nge-emakholwa yabangumfana, ngokwembalo ye-intambo zezwe. Uculanda ukunqanaisa kwe-emakholwa nge-psychodrama.

  2. **Uthanda umgodi wemithandazo:** Ukuphathwa ukuzululwa kwemithandazo yabangumfana, ngokwembalo ye-intambo zezwe. Ukuzithanda umgodi okoqodwa ngaphezulu kwaye uqondisa amathuba abangumfana.

  3. **Uphakadisa emakholwa yabangumfana:** Ukuphakadisa iintambo zezwe nge-emakholwa yabangumfana, ngokwembalo ye-psychodrama. Ukuzithanda ukunqanaisa kwe-emakholwa nge-intambo zezwe ephakadeni kokuhlola.

  4. **Ukulanda ukucacile:** Ukulanda ukucacile kwemithandazo yabangumfana, ngokwembalo ye-intambo zezwe. Ukuzithanda ukunqanaisa kwe-emakholwa nge-psychodrama ephakadeni kokuhlola.

  5. **Uphakadisa amathuba abangumfana:** Ukuphakadisa amathuba abangumfana nge-emak
- IsiZulu:

  Uku 90 gqala: ukungakhethekile ngaphezulunyani - ikhankanyo ezinamandla emithathu; ukungakhetha izilimi zokubula ngesizwe esingaphakadeni kwe-

meetings regular ephakadeni kupha.

(Translation: A 90-minute session at most once a month - these are highly activating group meetings, and they require regular follow-up meetings to integrate the learning.)